



**DEFENSE CENTERS  
OF EXCELLENCE**

For Psychological Health  
& Traumatic Brain Injury

# Resource Catalog





# WELCOME

## Mission

The mission of the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE) is to improve the lives of our nation's service members, veterans and their families by advancing excellence in psychological health and traumatic brain injury prevention and care.

## Vision

To be the leader of profound improvements in psychological health and traumatic brain injury prevention and care.

Thank you for using the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE) Resource Catalog. The catalog offers information about resources produced by DCoE and its three centers - the Deployment Health Clinical Center (DHCC), Defense and Veterans Brain Injury Center (DVBIC) and National Center for Telehealth and Technology (T2) - for use by health care providers, service members, veterans and military families. The catalog includes information about organizational programs, websites, educational materials, product fact sheets, clinical practice recommendations, posters, mobile applications and more.

The contents of this catalog can impact the psychological health and traumatic brain injury (TBI) medical treatment, care and advocacy of our nation's warriors and their families. You are encouraged to explore the broad range of resources available and, of course, share with all who may find them useful.

## NEW THIS MONTH

- A Head for the Future product information has been updated ..... 22
- Stop Hiding and Start Recovering: 2016 Alcohol Awareness Month Event Planning Guide ..... 36
- Think Ahead Poster ..... 45
- Brain Injury Awareness Poster has been retired.
- Creating A Successful Military-Based Alcohol Screening and Education Kit has been retired.

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# **Organizational Information and Programs**

# Organizational Information and Programs

## DCoE FACT SHEET

### Product Description:

- Fact sheet with brief description of DCoE and its centers

### Additional Information:

- Download: [http://dcoe.mil/Libraries/Documents/About\\_DCoE.pdf](http://dcoe.mil/Libraries/Documents/About_DCoE.pdf)

### Audience:

- All audiences

### Format:

- Fact sheet



## DCoE OUTREACH CENTER

### Product Description:

- Provides information and support related to psychological health and TBI concerns
- Staffed 24/7 by trained health resource consultants

### Additional Information:

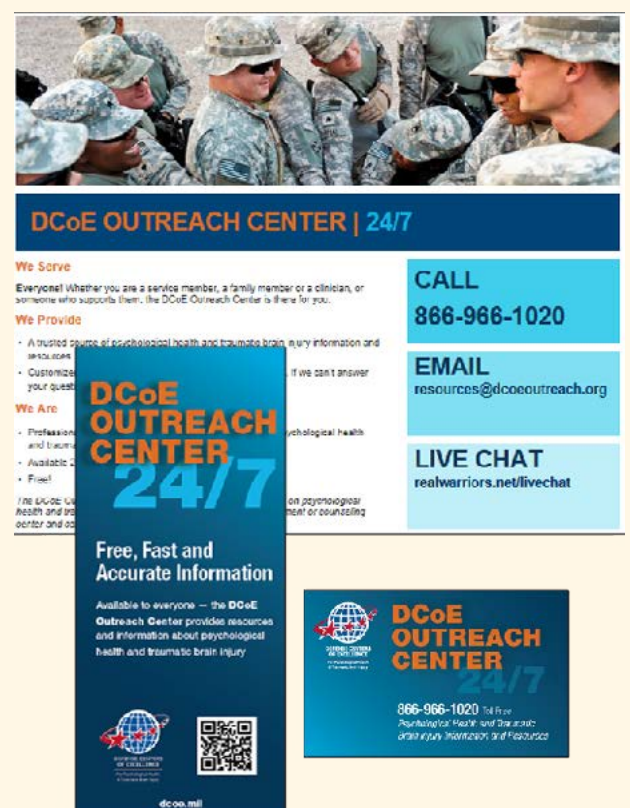
- Website: <http://dcoe.mil/Families/Help.aspx>
- Online Chat: <http://realwarriors.net/livechat>
- Email: [resources@dcoeoutreach.org](mailto:resources@dcoeoutreach.org)
- Phone: 866-966-1020

### Audience:

- Health care providers, service members, veterans, military leaders, military families and friends

### Format:

- Call center, website and online chat





# Organizational Information and Programs

## DCoE WEBINAR SERIES

### Product Description:

- Monthly webinars provide information on a variety of topics related to psychological health, TBI and program evaluation; many provide continuing education credit
- Past DCoE webinars can be viewed on the DCoE YouTube channel

### Additional Information:

- Website: [http://dcoe.mil/Training/Monthly\\_Webinars.aspx](http://dcoe.mil/Training/Monthly_Webinars.aspx)
- YouTube: <http://www.youtube.com/dcoepage>

### Audience:

- All audiences

### Format:

- Webinar

2016 Webinar Series			
Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE)			
Psychological Health	Traumatic Brain Injury	Program Evaluation	
JAN 28 Literature Review of Recent Studies on the Treatment of PTSD	JAN 14 Do Head Injuries Cause Chronic Traumatic Encephalopathy?	JAN 18	Understanding Service Gaps
FEB 25 Resilience: Sound Mind, Sound Body Techniques That Increase Psychological and Physical Fitness	FEB 11 Concussion in Winter Sports	FEB 18	Federal Partner Presentation
MAR 24 State of the Science in Diagnosing and Treating Co-occurring TBI and PTSD	MAR 10 Management of Sleep Disturbances Following Acute Concussion/Mild TBI	MAR 15	Collecting Evaluation Data
APR 18 Prevention of Sexual Assault in Children	APR 10 Management of Headache Following Concussion/Mild TBI	APR 18	Understanding Operating Cost Data: Business Case and Cost Analysis
MAY 25 Facilitating Help-Seeking Behaviors for Mental Health Concerns	MAY 10 VA Cognitive Rehabilitation Guide	MAY 17	Federal Partner Presentation
JUN 22 Depression in Men in the Military	JUN 8 Management of PTSD in Veterans with TBI	JUN 21	Understanding Operating Cost Data: Advanced Cost Analyses and Business Case Applications
JUL 28 Technological Updates in the Treatment of Mental Health Conditions	JUL 14 Complementary and Integrative Medicine and TBI	JUL 13	Reporting Program Evaluation Findings: Communication Methods and Planning
AUG 25 Compassion Fatigue	AUG 11 Performance Triad: Sleep, Nutrition, Exercise	AUG 18	Federal Partner Panel: Using Evaluation Results to Improve Program Quality and Effectiveness
SEP 22 Suicide Assessment and Prevention: Safety Plans and Beyond	SEP 8 Suicide and TBI	SEP	Specific date and topic pending
OCT 17 Gender Differences in PTSD Symptoms and Treatment Approaches	OCT 13 Unique Perspective For Women with Mild TBI: Gender Differences and Coping Strategies	OCT	Specific date and topic pending
NOV 17 State of the Science on Building Resiliency	NOV 10 Athletic Trainers' Critical Role in Military TBI	NOV	Specific date and topic pending
DEC 22 Research Driving Development of the VA/DoD Clinical Practice Guidelines	DEC 8 Review of Advances in TBI Research	DEC	Specific date and topic pending

**Mark Your Calendar!**  
For information about registration or continuing education credit, visit [dcoe.mil/webinars](http://dcoe.mil/webinars).  
Past webinars are recorded and posted to the DCoE YouTube channel [www.youtube.com/user/dcoepage](http://www.youtube.com/user/dcoepage).  
This product is reviewed monthly and is subject to change. Visit [dcoe.mil/webinars](http://dcoe.mil/webinars) for the latest information.

## DCoE ONLINE

### Product Description:

- Up-to-date information and resources related to psychological health and TBI, including products and training programs

### Additional Information:

- Website: <http://dcoe.mil>
- Blog: [dcoe.mil/blog](http://dcoe.mil/blog)
- DCoE News: [dcoe.mil/RSSNews.rss](http://dcoe.mil/RSSNews.rss)
- Facebook: [facebook.com/DCoEPage](http://facebook.com/DCoEPage)
- Twitter: [twitter.com/DCoEPage](http://twitter.com/DCoEPage)
- Pinterest: [pinterest.com/dcoepage](http://pinterest.com/dcoepage)
- YouTube: [youtube.com/dcoepage](http://youtube.com/dcoepage)
- SlideShare: [slideshare.net/dcoepage](http://slideshare.net/dcoepage)
- Google+: [plus.google.com/110842321794862483890?prsrc=3](http://plus.google.com/110842321794862483890?prsrc=3)
- Storify: [storify.com/DCoEPage/](http://storify.com/DCoEPage/)

### Audience:

- All audiences

### Format:

- Website and social media platforms



# Organizational Information and Programs

## DEPARTMENT OF DEFENSE SUICIDE EVENT REPORT (DoDSER) WEBSITE

### Product Description:

- Standardizes suicide surveillance efforts across the services (Air Force, Army, Marine Corps, and Navy) to support the DoD's suicide prevention mission
- Includes instructions, detailed coding guidance, a computer-based training program, and the DoDSER webform that collects the comprehensive information about the Service Member and the suicide event

### Additional Information:

- Website: <https://dodser.t2.health.mil/>

### Audience:

- Military medical program managers

### Format:

- Website



## DHCC WEBSITE

### Product Description:

- A gateway to information on deployment health and health care

### Additional Information:

- Website: <http://www.pdhealth.mil>

### Audience:

- Health care providers, service members, veterans and military families

### Format:

- Website





# Organizational Information and Programs

## DVBIC FACT SHEET

### Product Description:

- Provides an overview of DVBIC's care coordination, education, clinical care and research and network locations

### Additional Information:

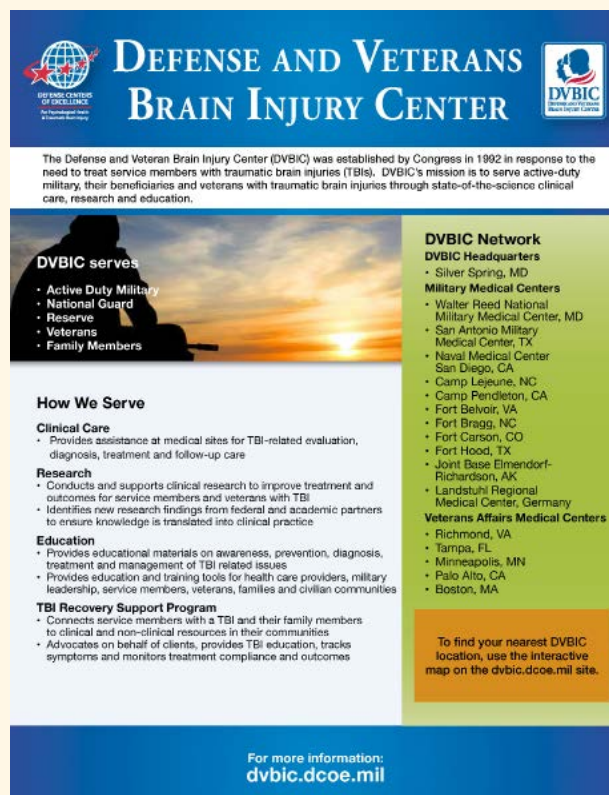
- Download: <http://dvbic.dcoe.mil/material/dvbic-fact-sheet>

### Audience:

- All audiences

### Format:

- Fact sheet



**DEFENSE AND VETERANS BRAIN INJURY CENTER**

The Defense and Veterans Brain Injury Center (DVBIC) was established by Congress in 1992 in response to the need to treat service members with traumatic brain injuries (TBIs). DVBIC's mission is to serve active-duty military, their beneficiaries and veterans with traumatic brain injuries through state-of-the-science clinical care, research and education.

**DVBIC serves:**

- Active Duty Military
- National Guard
- Reserve
- Veterans
- Family Members

**How We Serve**

**Clinical Care**

- Provides assistance at medical sites for TBI-related evaluation, diagnosis, treatment and follow-up care

**Research**

- Conducts and supports clinical research to improve treatment and outcomes for service members and veterans with TBI
- Identifies new research findings from federal and academic partners to ensure knowledge is translated into clinical practice

**Education**

- Provides educational materials on awareness, prevention, diagnosis, treatment and management of TBI related issues
- Provides education and training tools for health care providers, military leadership, service members, veterans, families and civilian communities

**TBI Recovery Support Program**

- Connects service members with a TBI and their family members to clinical and non-clinical resources in their communities
- Advocates on behalf of clients, provides TBI education, tracks symptoms and monitors treatment compliance and outcomes

**DVBIC Network**

**DVBIC Headquarters**

- Silver Spring, MD

**Military Medical Centers**

- Walter Reed National Military Medical Center, MD
- San Antonio Military Medical Center, TX
- Naval Medical Center San Diego, CA
- Camp Lejeune, NC
- Camp Pendleton, CA
- Fort Belvoir, VA
- Fort Bragg, NC
- Fort Carson, CO
- Fort Hood, TX
- Joint Base Elmendorf-Richardson, AK
- Landstuhl Regional Medical Center, Germany

**Veterans Affairs Medical Centers**

- Richmond, VA
- Tampa, FL
- Minneapolis, MN
- Palo Alto, CA
- Boston, MA

To find your nearest DVBIC location, use the interactive map on the [dvbic.dcoe.mil](http://dvbic.dcoe.mil) site.

For more information: [dvbic.dcoe.mil](http://dvbic.dcoe.mil)

## DVBIC WEBSITE

### Product Description:

- Up-to-date information and resources related to TBI

### Additional Information:

- Website: <http://dvbic.dcoe.mil>
- Facebook: <http://www.facebook.com/DVBICpage>

### Audience:

- Health care providers, service members, veterans and military families

### Format:

- Website and social media platform



**DEFENSE AND VETERANS BRAIN INJURY CENTER**

Service Members & Veterans | Family & Friends | Medical Providers | About DVBIC & TBI | Educational Materials | Research | DVBIC Locations | Press

**WE ARE SOCIAL!**

Find us on Facebook and share with your community

Like DVBIC on Facebook

Follow us for news, information and resources on traumatic brain injury.

**TBI Community**

DVBIC works closely with its partners and collaborators.

**HEAP FOR THE FUTURE**

Learn how to recognize, prevent and recover from TBI.

**Webinar Series**

DVBIC hosts a monthly TBI webinar series.

**Crisis Intervention (24/7)**

U.S. Department of Veterans Affairs (VA)

Subsidiary Prevention hotline 1-800-273-8255

**DoD Numbers for TBI**

Worldwide numbers for service members diagnosed with TBI since 2000.

**Featured Materials**

- Concussion Signs and Symptoms Fact Sheet (English)
- Addressing Family Needs

**DCoE Blog TBI Highlights**

- 8 Resources to Help You Talk with Kids about Brain Injury, Mental Health
- Expert Offers TBI

# Organizational Information and Programs

## PSYCHOLOGICAL HEALTH AND TRAUMATIC BRAIN INJURY PROGRAM EVALUATION & IMPROVEMENT WEBSITE

### Product Description:

- Program evaluation enables continuous improvement and helps achieve better service quality and outcomes
- DCoE conducts psychological health and TBI program evaluation studies; provides support through training, toolkits, etc.; and submits reports to stakeholders

### Additional Information:

- Download: [http://www.dcoe.mil/About\\_DCoE/Program\\_Evaluation/2015\\_Resources\\_and\\_Training.aspx](http://www.dcoe.mil/About_DCoE/Program_Evaluation/2015_Resources_and_Training.aspx)
- Website: [http://www.dcoe.mil/About\\_DCoE/Program\\_Evaluation.aspx](http://www.dcoe.mil/About_DCoE/Program_Evaluation.aspx)
- PEI YouTube Channel: [https://www.youtube.com/playlist?list=PLgD\\_IzCQbLPpE-Ukt7S97DvomVqKGG\\_vl](https://www.youtube.com/playlist?list=PLgD_IzCQbLPpE-Ukt7S97DvomVqKGG_vl)

### Audience:

- Military medical program managers

### Format:

- Website, booklet and training videos



## T2 BEHAVIORAL HEALTH TECH REVIEW NEWSLETTER

### Product Description:

- A quarterly publication to inform senior military leaders, health care providers, and technology collaborators about existing and new innovative technologies which support the treatment of behavioral health patients

### Additional Information:

- Download: <http://t2health.dcoe.mil/newsletter>

### Audience:

- Military leaders, health care providers and technology collaborators

### Format:

- Newsletter



# Organizational Information and Programs

## T2 WEBSITE

### Product Description:

- Mobile health and telehealth resources related to psychological health and TBI

### Additional Information:

- Website: <http://t2health.dcoe.mil>
- Facebook: <http://www.facebook.com/T2Health>
- Twitter: [http://twitter.com/intent/user?screen\\_name=T2Health](http://twitter.com/intent/user?screen_name=T2Health)
- LinkedIn: <http://www.linkedin.com/company/national-center-for-telehealth-&-technology>
- YouTube: <http://www.youtube.com/user/TelehealthTechVids>

### Audience:

- Health care providers, service members, veterans and military families

### Format:

- Website and social media platforms



# **Resources for Service Members and Veterans**

## **Military Family Resources**



## Resources for Service Members and Veterans: Military Family Resources

### FAMILY NEEDS LINE – A PARENT’S GUIDE TO RETURNING YOUR CHILD TO SCHOOL AFTER A CONCUSSION BOOKLET

#### Product Description:

- Guide offers practical advice to parents on how to recognize the signs and symptoms of a concussion, information on treatment and recovery, and what a parent can do to support a child’s recovery and successful return to school

#### Additional Information:

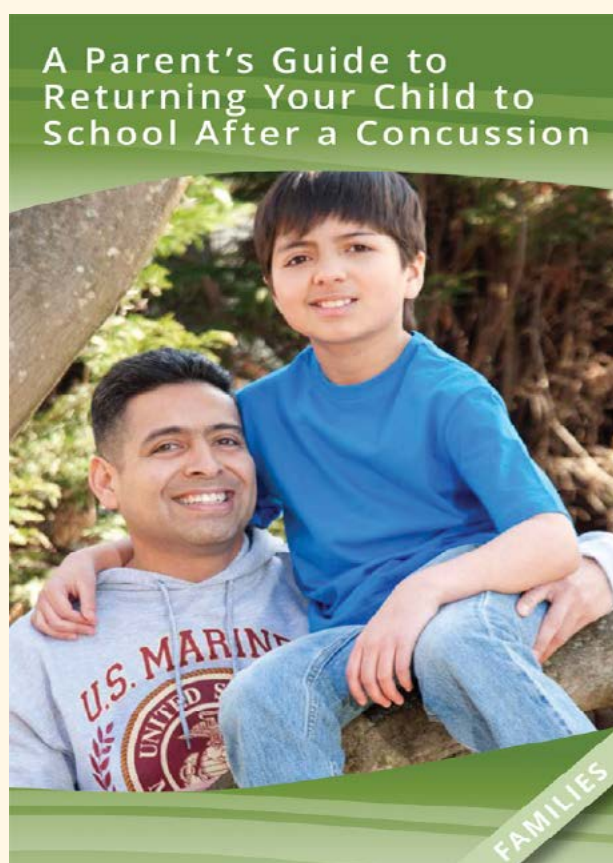
- Download: <https://dvbic.dcoe.mil/material/parental-guide-returning-your-child-school-after-concussion>

#### Audience:

- Military families and caregivers

#### Format:

- Booklet



### FAMILY NEEDS LINE – ADDRESSING FAMILY NEEDS BOOKLET

#### Product Description:

- Provides tips and guidance regarding care of a service member or veteran with a TBI
- Booklet highlights:
  - Building stronger family ties
  - Improving communication
  - Transitioning home
  - Driving after a TBI
  - Avoiding substance abuse

#### Additional Information:

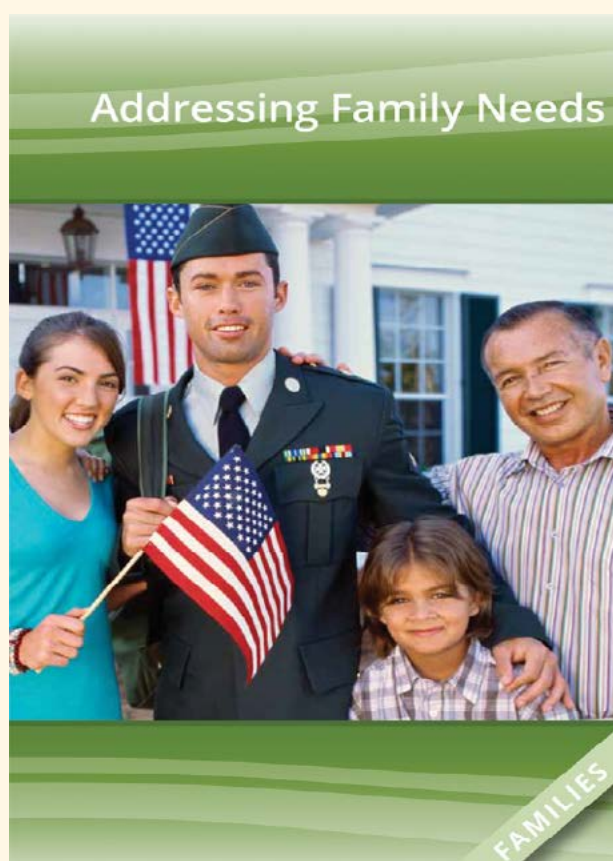
- Download: <https://dvbic.dcoe.mil/material/addressing-family-needs>

#### Audience:

- Military families and caregivers

#### Format:

- Booklet





## Resources for Service Members and Veterans: **Military Family Resources**

### **FAMILY NEEDS LINE – TAKING CARE OF YOURSELF WHILE CARING FOR OTHERS BOOKLET**

#### **Product Description:**

- Provides coping techniques for managing stress, anxiety or sadness; includes links for additional interviews
- Includes tips regarding: emotional health, sleep, diet, exercise and strategies for self-care

#### **Additional Information:**

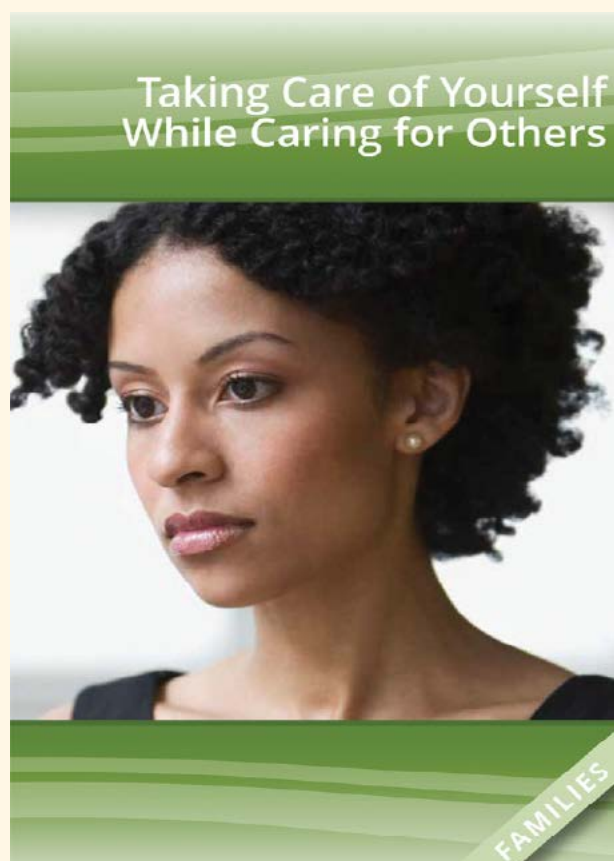
- Download: <https://dvbic.dcoe.mil/material/taking-care-yourself-while-caring-others>

#### **Audience:**

- Military families and caregivers

#### **Format:**

- Booklet



### **FAMILY NEEDS LINE – TALKING WITH CHILDREN ABOUT MODERATE OR SEVERE TBI BOOKLET**

#### **Product Description:**

- Provides essential tips on how to explain to children what a moderate or severe TBI is and how to cope with changes in their loved one
- Booklet offers communication techniques to help explain the effects of a moderate or severe TBI to children in a way they can understand; includes tips for every age group, from toddlers to teens

#### **Additional Information:**

- Download: <https://dvbic.dcoe.mil/material/talking-children-about-moderate-or-severe-tbi>

#### **Audience:**

- Military families

#### **Format:**

- Booklet



# Resources for Service Members and Veterans: Military Family Resources

## FAMILY NEEDS LINE – TALKING WITH CHILDREN ABOUT TBI BOOKLET

### Product Description:

- Booklet offers communication techniques to help explain the effects of TBI to children in a way they can understand, and includes tips for every age group from toddlers to teens

### Additional Information:

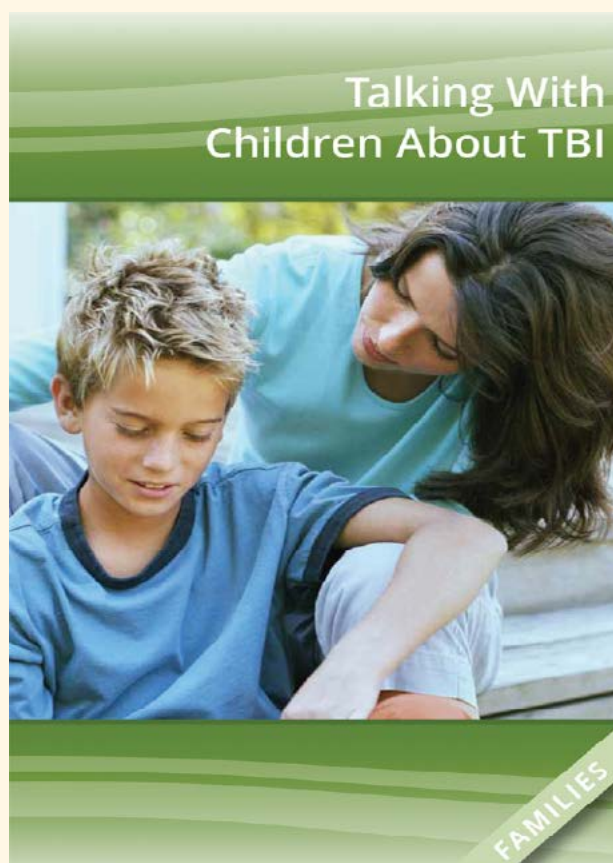
- Download: <https://dvbic.dcoe.mil/material/talking-children-about-tbi>

### Audience:

- Military families

### Format:

- Booklet



## MILITARY KIDS CONNECT WEBSITE AND MOBILE APPLICATIONS

### Product Description:

- Online community that offers age-appropriate resources to support children from pre-deployment, through a parent's or caregiver's return
- Includes informative activities, fun games and helpful videos

### Additional Information:

- Website: <http://militarykidsconnect.dcoe.mil>
- Facebook: <http://www.facebook.com/MilitaryKidsConnect>
- Twitter: <http://twitter.com/MilKidsConnect>
- YouTube: <http://www.youtube.com/user/MilitaryKidsConnect>

### Audience:

- Military children, service members, educators, parents and caregivers

### Format:

- Website and social media platform

### Awards:

- 2015 - "Communicator Award" from the Academy of Interactive and Visual Arts





# Resources for Service Members and Veterans: Military Family Resources

## PARENTING FOR SERVICE MEMBERS AND VETERANS WEBSITE AND MOBILE APPLICATION

### Product Description:

- Provides military and veteran parents with information and strategies to improve parenting skills, guidance for seeking professional help and access to additional resources

### Additional Information:

- Download: <http://t2health.dcoe.mil/apps/Parenting2Go>
- Website: <http://militaryparenting.dcoe.mil>
- Facebook: <http://facebook.com/militaryveteranparenting>

### Audience:

- Service members and veterans

### Format:

- Mobile (iOS), website, and social media platform

### Awards:

- 2014 - "Silver Award" from the Television, Internet & Video Association of DC for Government/Web-based resource; "Gold Innovative OMNI Inter-media Award"; "Gold Innovative Award" from the Federal Government Distance Learning Association



## SESAME STREET FOR MILITARY FAMILIES WEBSITE

### Product Description:

- Extends Sesame Workshop's ongoing efforts to support our troops and their families through a free, bilingual (English and Spanish) platform for families to create, communicate and stay connected
- Includes interactive tools for creating art, music, videos, letters, cards and notebooks help kids explore their emotions and encourage communication
- Provides resources for parents and caregivers to help children cope with challenging transitions

### Additional Information:

- Website: <http://www.sesamestreetformilitaryfamilies.org/>
- Facebook: <https://facebook.com/SesameStreetForMilitaryFamilies>

### Audience:

- Military families

### Format:

- Website and social media platform



## Resources for Service Members and Veterans: Military Family Resources

### TRAUMATIC BRAIN INJURY: A GUIDE FOR CAREGIVERS OF SERVICE MEMBERS AND VETERANS

#### Product Description:

- Tools that provide information and support for caregivers of service members and veterans with moderate to severe TBI

#### Additional Information:

- Website: <http://dvbic.dcoe.mil/family-caregiver-curriculum>
- Download/Order:
  - Fact sheet: <https://dvbic.dcoe.mil/material/family-caregiver-fact-sheet>
  - Postcard: <https://dvbic.dcoe.mil/material/family-caregiver-postcards>

#### Audience:

- Military families and caregivers

#### Format:

- Booklet, fact sheet and postcard



# **Resources for Service Members and Veterans**

## **Psychological Health**



# Resources for Service Members and Veterans: Psychological Health

## ACCEPTANCE AND COMMITMENT THERAPY (ACT) COACH MOBILE APPLICATION

### Product Description:

- A treatment companion application for use while in ACT that aims to help you live with unpleasant thoughts and feelings without avoiding them or being controlled by them

### Additional Information:

- Download: <http://mobilehealth.va.gov/app/act-coach>
- Website: <http://t2health.dcoe.mil/apps/ACTCoach>

### Audience:

- Service members and veterans

### Format:

- iOS



## AFTERDEPLOYMENT WEBSITE

### Product Description:

- Information and multimedia resources to address common psychological health concerns or challenges related to military deployments

### Additional Information:

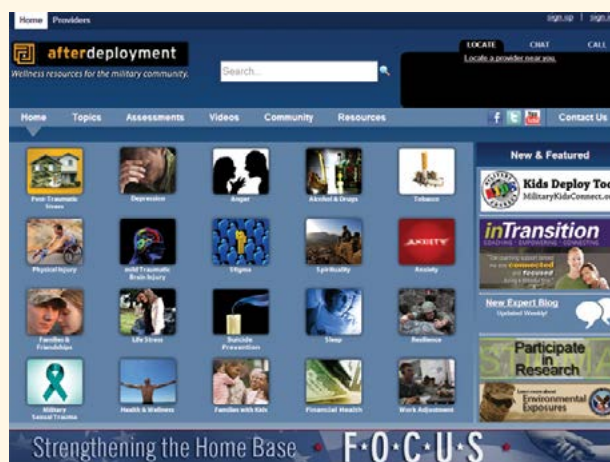
- Website: <http://afterdeployment.dcoe.mil>
- Facebook: <https://facebook.com/afterdeployment>
- Twitter: <https://twitter.com/afterdeployment>
- YouTube: <https://www.youtube.com/user/afterdeployment>

### Audience:

- All audiences

### Format:

- Website and social media platforms



## Resources for Service Members and Veterans: Psychological Health

### BIOZEN MOBILE APPLICATION

#### Product Description:

- Portable, low-cost\* method for clinicians and patients to gather biofeedback in and out of the military clinic
- BioZen shows real-time data from multiple body sensors

*\*Application requires purchase of compatible biosensor devices*

#### Additional Information:

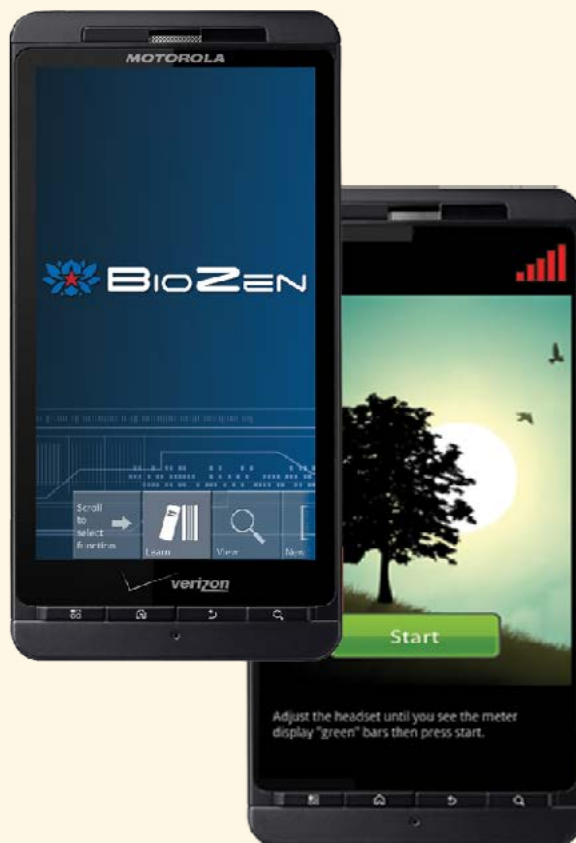
- Website: <http://t2health.dcoe.mil/apps/biozen>

#### Audience:

- Health care providers and service members

#### Format:

- Android



### BREATHE2RELAX MOBILE APPLICATION

#### Product Description:

- Portable stress management tool used as a standalone stress reduction tool or in tandem with clinical care directed by a health care provider

#### Additional Information:

- Website: <http://t2health.dcoe.mil/apps/breathe2relax>
- Download:
  - iTunes: <https://itunes.apple.com/us/app/breathe2relax/id425720246?mt=8>

#### Audience:

- All audiences

#### Format:

- Android and iOS



## Resources for Service Members and Veterans: Psychological Health

### COGNITIVE BEHAVIORAL THERAPY FOR INSOMNIA (CBT-i) COACH MOBILE APPLICATION

#### Product Description:

- Supplemental tool to be used during CBT-I between a patient and mental health professional to help patients adjust and maintain sleep routines and their approach to sleep

#### Additional Information:

- Download: <http://mobilehealth.va.gov/app/cbt-i-coach>
- Website: <http://t2health.dcoe.mil/apps/CBT-i>

#### Audience:

- Service members and veterans

#### Format:

- Android and iOS



### COGNITIVE PROCESSING THERAPY (CPT) COACH MOBILE APPLICATION

#### Product Description:

- Tool designed for patients to use with their therapist during CPT for posttraumatic stress disorder (PTSD)

#### Additional Information:

- Download: <http://mobilehealth.va.gov/app/cpt-coach>
- Website: <http://t2health.dcoe.mil/apps/CPTCoach>

#### Audience:

- Service members and veterans

#### Format:

- Android and iOS



# Resources for Service Members and Veterans: Psychological Health

## inTRANSITION PROGRAM AND WEBSITE

### Product Description:

- Program supports service members receiving mental health care as they transition between health care services or providers

### Additional Information:

- Download: <http://intransition.dcoe.mil/Communications.aspx>
- Website: <http://intransition.dcoe.mil>
- Phone:
  - 800-424-7877 Inside the United States toll-free
  - 800-424-7877 Inside the United States toll-free
  - 800-424-4685 (DSN) Outside the United States toll-free
  - 314-387-4700 Outside the United States collect

### Audience:

- All audiences

### Format:

- Website, telephonic coaching service, brochure, flier and poster



## LIFEARMOR MOBILE APPLICATION

### Product Description:

- Provides information on 17 different topics related to post-deployment to include anger, stress and anxiety, and substance abuse
- Mobile companion to <http://afterdeployment.dcoe.mil>

### Additional Information:

- Website: <http://t2health.dcoe.mil/apps/lifearmor>
- Download:
  - iTunes: : <https://itunes.apple.com/us/app/life-armor/id499648341>
  - Amazon: <http://www.amazon.com/National-Center-for-Telehealth-Technology/dp/B008MY00NY>

### Audience:

- Service members, veterans and military families

### Format:

- Android and iOS





# Resources for Service Members and Veterans: Psychological Health

## MINDFULNESS COACH MOBILE APPLICATION

### Product Description:

- Mobile application created to introduce the concept of mindfully focusing attention and to facilitate the acquisition of the skill through practice

### Additional Information:

- Download: <http://mobilehealth.va.gov/app/mindfulness-coach>
- Website: <http://t2health.dcoe.mil/apps/MindfulnessCoach>

### Audience:

- Service members, veterans and public

### Format:

- iOS



## MOVING FORWARD WEBSITE AND MOBILE APPLICATION

### Product Description:

- Provides online and 'on-the-go' tools that teach problem-solving skills for coping with stressful events such as returning to civilian life, relationship problems, difficult career decisions and coping with physical injuries

### Additional Information:

- Download: <http://t2health.dcoe.mil/apps/MovingForward>
- Website: <http://startmovingforward.dcoe.mil>

### Audience:

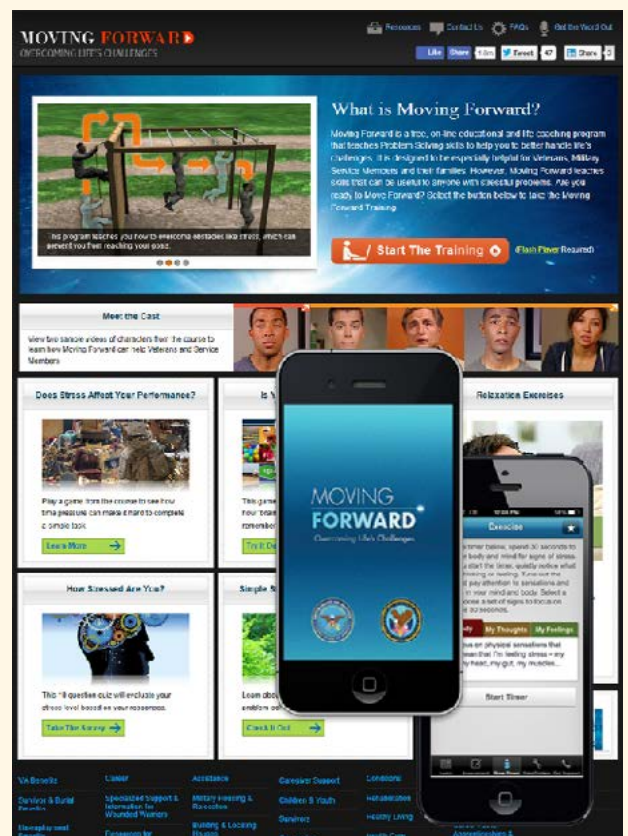
- Service members, veterans and military families

### Format:

- iOS and website

### Awards:

- 2014 - "Silver Award" from the Television, Internet & Video Association of DC for Government/Web-based resource; "Silver OMNI Inter-media Award"; "Silver Innovative Award" from the Federal Government Distance Learning Association; "Best in Class Interactive Media Award"; "Gold Brandon Hall Award"





## Resources for Service Members and Veterans: Psychological Health

### NAVY LEADERS GUIDE MOBILE APPLICATION

#### Product Description:

- Provides information on a range of topics including dealing with a sailor's substance abuse, rules for ordering a command directed evaluation, procedures for convening a medical board, resources for sailors dealing with sexual assault and how to support your personnel after the death of a shipmate

#### Additional Information:

- Website: <http://t2health.dcoe.mil/apps/navy-leaders-guide>
- Download:
  - iTunes: <https://itunes.apple.com/hk/app/navy-leaders-guide/id762950101>

#### Audience:

- Military leaders

#### Format:

- Android and iOS



### POSITIVE ACTIVITY JACKPOT MOBILE APPLICATION

#### Product Description:

- Tool that uses augmented reality technology to combine a phone's location services and camera to find nearby enjoyable activities or pleasant diversions
- Uses "pleasant event scheduling," a common behavioral therapy element used in professional counseling
- Useful in helping people build resilience and deal effectively with depression

#### Additional Information:

- Website: <http://t2health.dcoe.mil/apps/positiveactivityjackpot>

#### Audience:

- Service members, veterans and civilians

#### Format:

- Android



# Resources for Service Members and Veterans: Psychological Health

## PTSD COACH MOBILE APPLICATION

### Product Description:

- Application intended for use as an adjunct to psychological treatment to manage symptoms of posttraumatic stress disorder (PTSD)
- Key features include a self-assessment, recommended coping skills, support resources and education about trauma, PTSD and treatment

### Additional Information:

- Website: <http://t2health.dcoe.mil/apps/ptsd-coach>
- Download:
  - iTunes: <https://itunes.apple.com/us/app/ptsd-coach/id430646302>

### Audience:

- Service members, veterans and civilians

### Format:

- Android and iOS



## REAL WARRIORS CAMPAIGN WEBSITE

### Product Description:

- Tools and resources developed to combat the stigma associated with seeking psychological health care, encourage service members to reach out for support and increase awareness of the resources available to them

### Additional Information:

- Download: <http://realwarriors.net/materials>
- Website: <http://realwarriors.net>
- Facebook: <https://www.facebook.com/pages/Real-Warriors/61288747990>
- Twitter: <https://twitter.com/realwarriors>
- YouTube: <http://www.youtube.com/user/realwarriorscampaign>

### Audience:

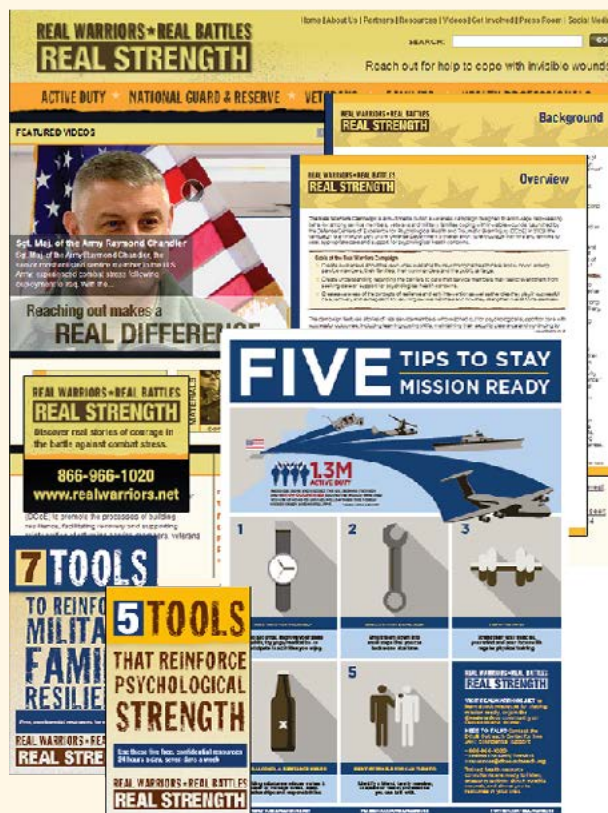
- All audiences

### Format:

- Website, brochures, wallet cards, fact sheet and posters

### Awards:

- View: <http://www.realwarriors.net/awards.php>



# Resources for Service Members and Veterans: Psychological Health

## REAL WARRIORS 'SALUTING THOSE WHO SERVE' WEBSITE AND MOBILE APPLICATION

### Product Description:

- The Real Warriors application and website provide an online photo-sharing service that offers peer support for warriors, veterans and military families
- Users can upload photos to the Wall, salute others and access 24/7/resources

### Additional Information:

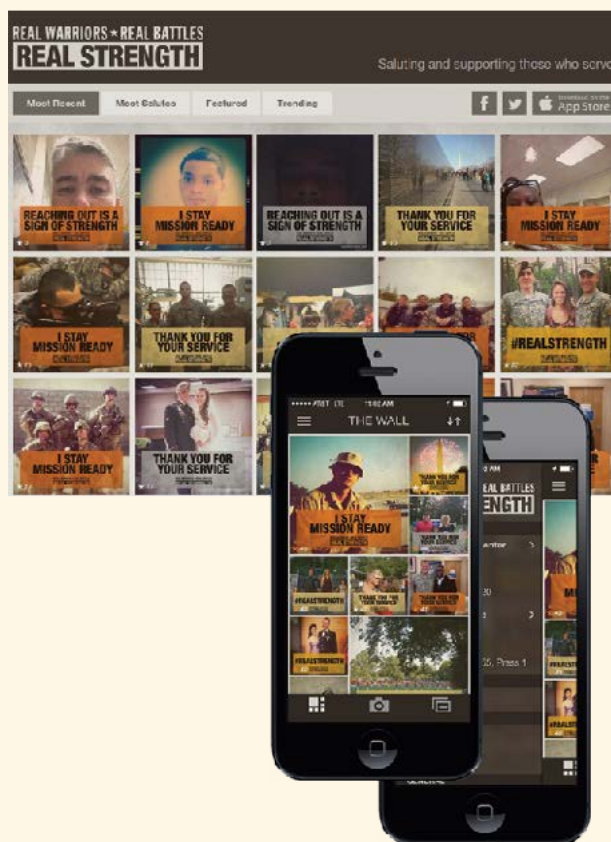
- Download: <http://realwarriors.net/mobileapp.php>
- Website: <https://realstrength.realwarriors.net>
- Facebook: <https://www.facebook.com/realwarriors>
- Twitter: <https://twitter.com/realwarriors>

### Audience:

- All audiences

### Format:

- iOS and website



## STAY QUIT COACH MOBILE APPLICATION

### Product Description:

- Trauma and PTSD can make it hard to quit smoking. The Stay Quit Coach app is designed to help you stay quit after you stop smoking. This app is best used while in treatment with a health care provider and can continue to be used after treatment has ended

### Additional Information:

- Download: <http://mobilehealth.va.gov/app/stay-quit-coach>
- Website: <https://t2health.dcoe.mil/apps/StayQuit>

### Audience:

- Service members, veterans and military families

### Format:

- iOS





## Resources for Service Members and Veterans: Psychological Health

### T2 MOOD TRACKER MOBILE APPLICATION

#### Product Description:

- Tool that enables users to self-monitor emotional experiences associated with common deployment-related behavioral health issues such as PTSD, brain injury, life stress, depression and anxiety

#### Additional Information:

- Website: <http://t2health.dcoe.mil/apps/t2-mood-tracker>
- Download:
  - iTunes: <https://itunes.apple.com/us/app/t2-mood-tracker/id428373825>
  - Amazon: <http://www.amazon.com/National-Center-for-Telehealth-Technology/dp/B008D4F4JC>

#### Audience:

- All audiences

#### Format:

- Android and iOS



### TACTICAL BREATHER MOBILE APPLICATION

#### Product Description:

- Through repetitive breathing exercise practice and training, users learn to gain control of their heart rate, emotions, concentration and other physiological and psychological responses to the body during stressful situations

#### Additional Information:

- Website: <http://t2health.dcoe.mil/apps/tactical-breather>
- Download:
  - iTunes: <https://itunes.apple.com/app/tactical-breather/id445893881>
  - Amazon: <http://www.amazon.com/National-Center-for-Telehealth-Technology/dp/B009UX2VUA>

#### Audience:

- All audiences

#### Format:

- Android and iOS



## Resources for Service Members and Veterans: Psychological Health

### VIRTUAL HOPE BOX MOBILE APPLICATION

#### Product Description:

- A smartphone application designed to help service members focus on positive influences in their life when they are upset by combining meaningful memories with relaxation coaching and distracting activities to help them cope when they are feeling down
- The Virtual Hope Box contains simple, customizable support tools to help users with coping, relaxation, distraction and positive thinking

#### Additional Information:

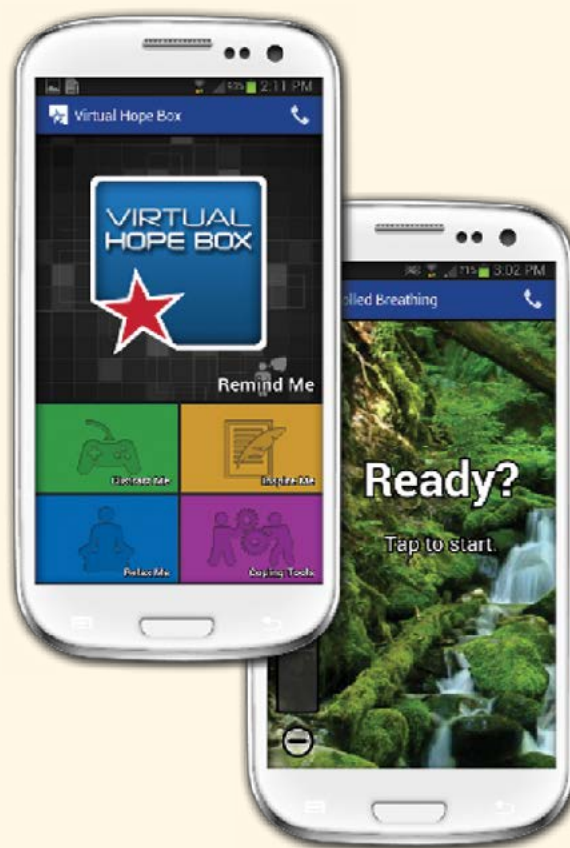
- Website: <https://t2health.dcoe.mil/apps/virtual-hope-box>
- Download:
  - iTunes: <https://itunes.apple.com/us/app/virtual-hope-box/id825099621>

#### Audience:

- All audiences

#### Format:

- Android and iOS





# **Resources for Service Members and Veterans**

## **Traumatic Brain Injury**

# Resources for Service Members and Veterans: Traumatic Brain Injury

## A HEAD FOR THE FUTURE CAMPAIGN

### Product Description:

- A central resource of information regarding prevention, recognition and recovery from TBI.

### Additional Information:

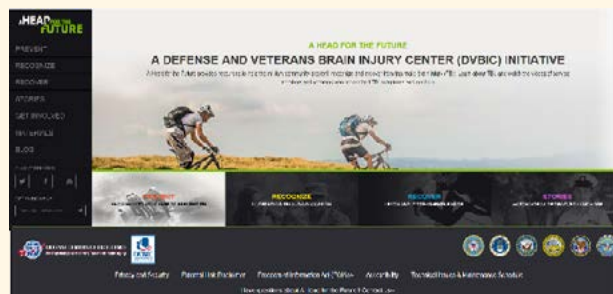
- Website: <http://dvbic.dcoe.mil/aheadforthefuture>
- Facebook: <http://facebook.com/aheadforthefuture>
- Twitter: [https://twitter.com/AHFTF\\_Page](https://twitter.com/AHFTF_Page)
- YouTube: <youtube.com/dcoepage>

### Audience:

- All audiences

### Format:

- Website, social media, postcard, poster and fact sheets



## ACUTE CONCUSSION (MILD TBI) EDUCATIONAL BROCHURE

### Product Description:

- Designed to educate deployed service members about TBI immediately after concussion injury

### Additional Information:

- Download/Order: <https://dvbic.dcoe.mil/material/acute-concussion-mtbi-educational-brochure>

### Audience:

- Service members and veterans

### Format:

- Brochure



## Resources for Service Members and Veterans: Traumatic Brain Injury

### BACK-TO-SCHOOL GUIDE FOR ACADEMIC SUCCESS AFTER TRAUMATIC BRAIN INJURY BOOKLET

#### Product Description:

- Provides guidance to service members and veterans who have ongoing symptoms from a TBI and are going to college, university or vocational school
- The frequently asked questions section quickly offers answers to common questions about accommodation plans, financial aid and assistive technology

#### Additional Information:

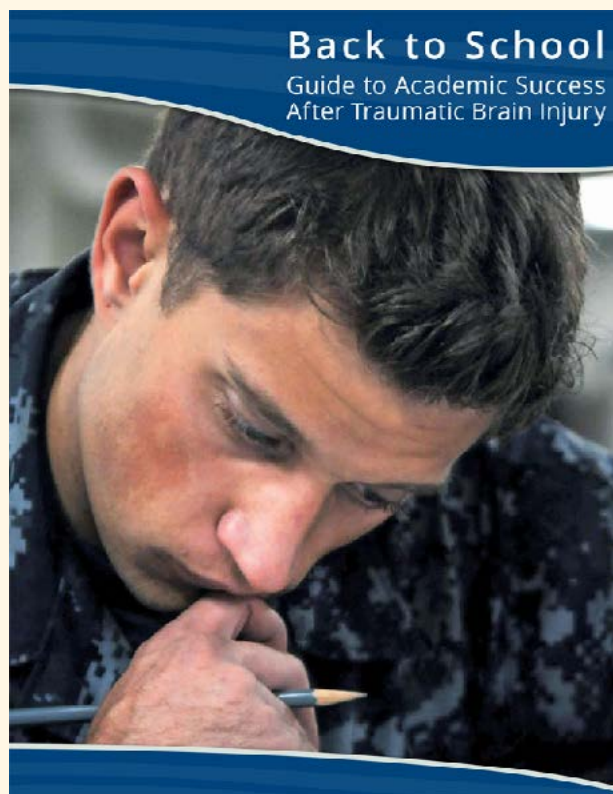
- Download/Order: <https://dvbic.dcoe.mil/material/back-school-guide>

#### Audience:

- Health care providers, service members, and veterans

#### Format:

- Booklet



### CONCUSSION COACH MOBILE APPLICATION

#### Product Description:

- Provides users with information about concussion, a self-assessment instrument for symptoms and their severity, tools to help build resilience and manage symptoms, and recommendations for community-based resources and support

#### Additional Information:

- Download: <http://mobilehealth.va.gov/app/concussion-coach>
- Website: <http://t2health.dcoe.mil/apps/ConcussionCoach>

#### Audience:

- Service members, veterans and public

#### Format:

- iOS



# Resources for Service Members and Veterans: Traumatic Brain Injury

## CONCUSSION/MILD TBI INFORMATION BROCHURE

### Product Description:

- Brochure developed by subject matter experts from the Defense Department and the Department of Veterans Affairs to educate deployed service members about TBI one month or more after the injury

### Additional Information:

- Download/Order: <https://dvbic.dcoe.mil/material/concussionmtbi-information-pamphlet-use-1-month-after-injury-not-acute>

### Audience:

- Service members and veterans

### Format:

- Brochure



## CONCUSSION/MILD TRAUMATIC BRAIN INJURY AND POSTTRAUMATIC STRESS DISORDER FACT SHEET

### Product Description:

- Provides the definition for concussion/mild traumatic brain injury and posttraumatic stress disorder and explains how overlapping symptoms often occur
- Describes why it is important to seek out treatment for both conditions and gives helpful advice about what to tell your family and friends to help in the recovery process

### Additional Information:

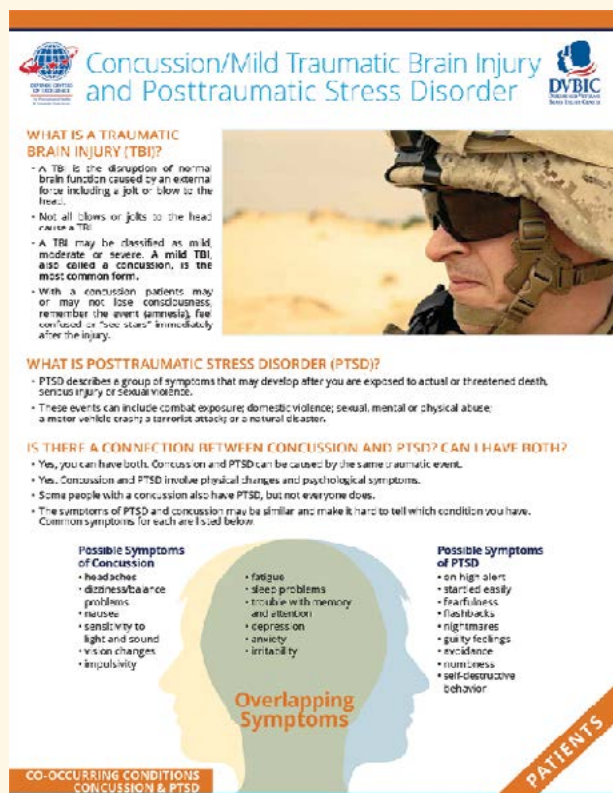
- Download: <https://dvbic.dcoe.mil/material/concussionmild-traumatic-brain-injury-mtbi-and-posttraumatic-stress-disorder-ptsd-fact>

### Audience:

- Service members, veterans, military families and friends

### Format:

- Fact sheet





# Resources for Service Members and Veterans: Traumatic Brain Injury

## HEADS CONCUSSION WALLET CARD AND POSTER

### Product Description:

- Promotes key symptoms of concussion/mild TBI by explaining the HEADS acronym
  - Headaches and/or vomiting
  - Ears ringing
  - Amnesia, altered or loss of consciousness
  - Double vision and/or dizziness
  - Something feels wrong or is not right

### Additional Information:

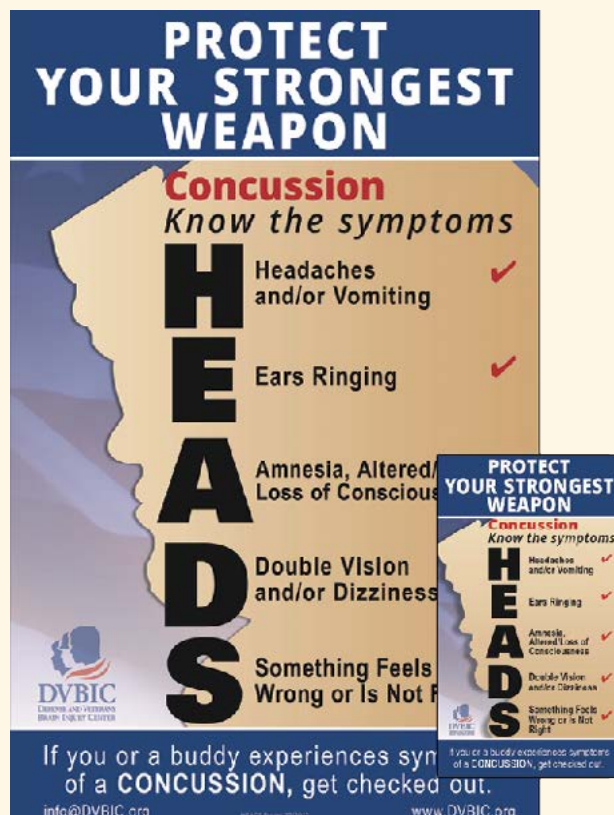
- Order:
  - Wallet card: <https://dvbic.dcoe.mil/material/heads-concussion-card>
  - Poster: <https://dvbic.dcoe.mil/material/poster-heads-protect-your-strongest-weapon>

### Audience:

- All audiences

### Format:

- Wallet card and poster



## HELP WITH ONGOING SYMPTOMS FACT SHEET

### Product Description:

- This fact sheet addresses why symptoms continue to persist in some patients and how they can cope or seek additional help

### Additional Information:

- Download: <https://dvbic.dcoe.mil/material/help-ongoing-symptoms-fact-sheet>

### Audience:

- Service members and veterans

### Format:

- Fact sheet



## Resources for Service Members and Veterans: Traumatic Brain Injury

# Resources for Service Members and Veterans: Traumatic Brain Injury

## MODERATE OR SEVERE TBI FACT SHEET

### Product Description:

- Describes the common signs and symptoms, stages of treatment and related injuries as well as coping and recovery tips for patients who have sustained a moderate or severe TBI

### Additional Information:

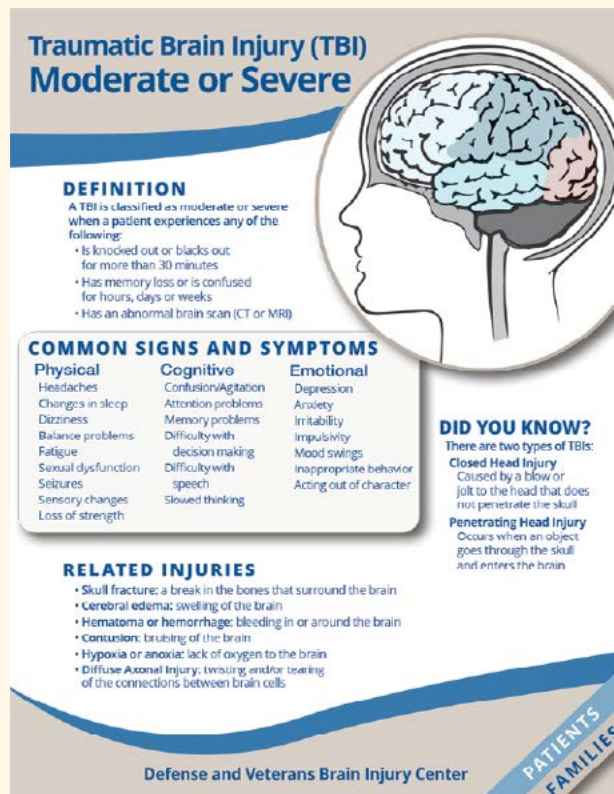
- Download: <https://dvbic.dcoe.mil/material/moderate-or-severe-tbi-fact-sheet>

### Audience:

- Service members and veterans

### Format:

- Fact sheet



## SIGNS AND SYMPTOMS CONCUSSION FACT SHEET

### Product Description:

- Provides major physical, cognitive and emotional symptoms of concussion, coping and recovery tips for mild TBI
- Available in English, Spanish, Albanian, Bulgarian, Croatian, Czech, Danish, Dutch, Estonian, French, Georgian, German, Greek, Hungarian, Icelandic, Italian, Korean, Latvian, Lithuanian, Luxembourgish, Norwegian, Polish, Portuguese, Romanian, Slovak, Slovenian and Turkish

### Additional Information:

- Download/Order: <https://dvbic.dcoe.mil/material/signs-symptoms-fact-sheet-english>

### Audience:

- Service members and veterans

### Format:

- Fact sheet





# Resources for Service Members and Veterans: Traumatic Brain Injury

## TRAUMATIC BRAIN INJURY RECOVERY SUPPORT PROGRAM

### Product Description:

- Program and its recovery support specialists provide TBI expertise, support and connection to TBI and psychological health services

### Additional Information:

- Download:
  - Brochure: [http://dvbic.dcoe.mil/sites/default/files/uploads/RSP/2014\\_TBI\\_RSP\\_Brochure.pdf](http://dvbic.dcoe.mil/sites/default/files/uploads/RSP/2014_TBI_RSP_Brochure.pdf)
  - Fact sheet: [http://dvbic.dcoe.mil/sites/default/files/DVBIC\\_TBI\\_Recovery-Support-Program\\_FactSheet\\_2015-02-19.pdf](http://dvbic.dcoe.mil/sites/default/files/DVBIC_TBI_Recovery-Support-Program_FactSheet_2015-02-19.pdf)
- Website: <http://dvbic.dcoe.mil/tbi-recovery-support-program>
- Email: [mrmc.dcoe.TBIrecovery-support@mail.mil](mailto:mrmc.dcoe.TBIrecovery-support@mail.mil)

### Audience:

- Service members, National Guardsman, reservists and veterans who have sustained a TBI

### Format:

- Website, client brochure and fact sheet



## VISION PROBLEMS AFTER CONCUSSION PATIENT EDUCATION BROCHURE

### Product Description:

- Helps concussed service members understand vision problems and provides insight into treatment options

### Additional Information:

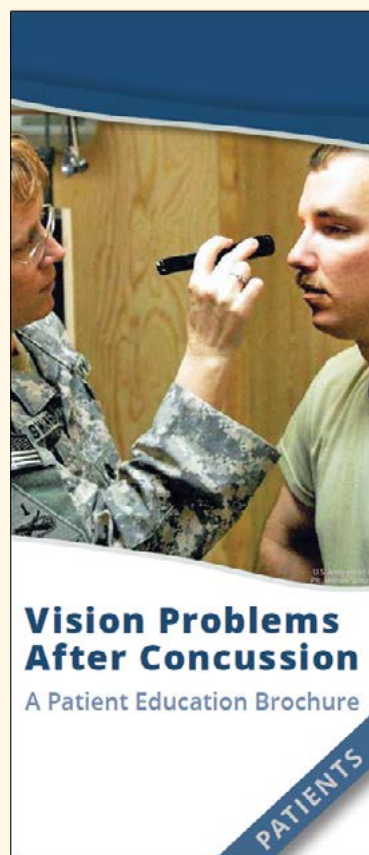
- Download/Order: <https://dvbic.dcoe.mil/material/assessment-and-management-visual-dysfunction-associated-mtbi-patient-tool>

### Audience:

- Service members and veterans

### Format:

- Brochure





# Resources for Service Members and Veterans: Traumatic Brain Injury

## WARFIGHTER SLEEP KIT

### Product Description:

- Provides education to service members on the impact of sleep on mission effectiveness and obtaining adequate sleep after a TBI
- Sponsored by the Naval Medical Research Center as part of the alertness management military operations initiative from the Defense Safety Oversight Council

### Additional Information:

- Order: <https://dvbic.dcoe.mil/material/sleep-kit>

### Audience:

- Service members and veterans

### Format:

- Toolkit



# **Resources for Health Care Providers**

## **Psychological Health**

# Resources for Health Care Providers: Psychological Health

## ACUTE STRESS REACTION FACT SHEET

### Product Description:

- Provides a concise overview of acute stress reaction for providers who treat service members diagnosed with a concussion/mild TBI while deployed

### Additional Information:

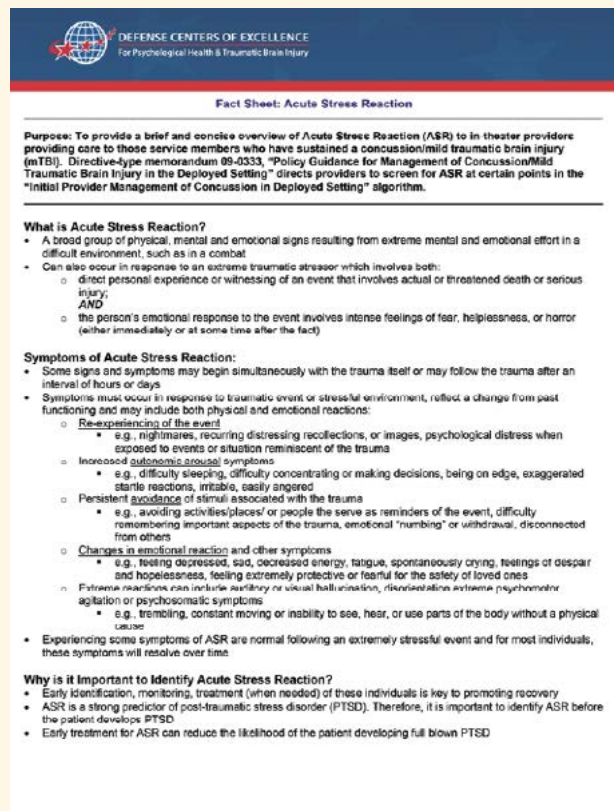
- Download: <https://dvbic.dcoe.mil/material/acute-stress-reaction-fact-sheet>

### Audience:

- Health care providers

### Format:

- Fact sheet



## AFTERDEPLOYMENT PROVIDER PRO WEBSITE

### Product Description:

- Portal provides resources for health care professionals who treat patients with behavioral health concerns related to the deployment cycle
- Additional tools for providers include treatment tips, client handouts summarizing important information on each of the topic areas, RSS feeds linking to reports on new developments in mental health and PowerPoint briefings allowing providers to easily disseminate information to colleagues

### Additional Information:

- Website: <http://afterdeployment.dcoe.mil/providers/home>

### Audience:

- Health care providers

### Format:

- Website, assessments, videos, workshops



# Resources for Health Care Providers: Psychological Health

## ASSESSMENT AND MANAGEMENT OF SUICIDE RISK CLINICAL SUPPORT TOOLS

### Product Description:

- Outlines critical decision points in the management of suicide and provides evidence-based recommendations on warning signs, protective factors, safety planning and treatment

### Additional Information:

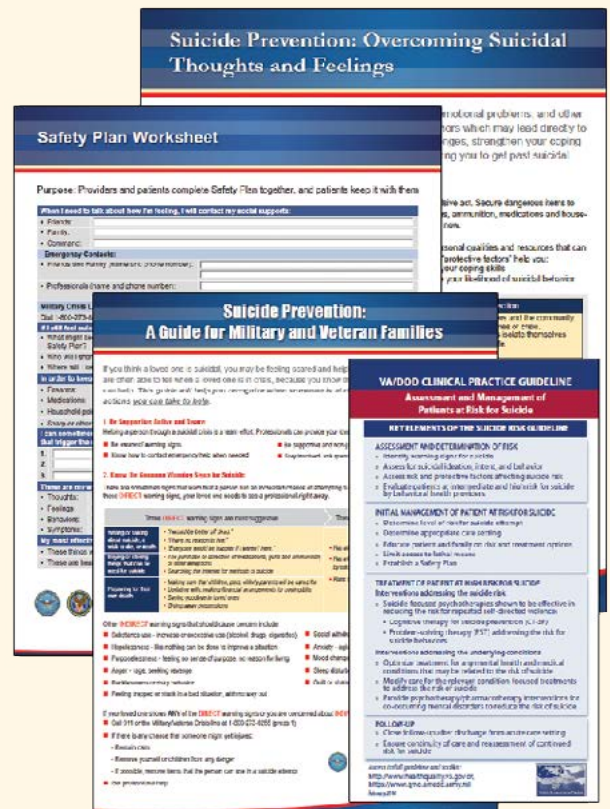
- Download:
  - <https://www.qmo.amedd.army.mil/suicide/suicide.htm> (under the Health Care Team tab)
  - <http://www.healthquality.va.gov/guidelines/mh/srb/index.asp>
- Website: [http://dcoe.mil/PsychologicalHealth/Suicide\\_Prevention.aspx](http://dcoe.mil/PsychologicalHealth/Suicide_Prevention.aspx)

### Audience:

- Health care providers

### Format:

- Clinical support tools



## COMPLEMENTARY AND ALTERNATIVE MEDICINES, MODALITIES AND INTERVENTIONS FACT SHEET

### Product Description:

- Classifies complementary and alternative medicines, modalities and interventions and their clinical use
- Describes a group of diverse clinical and health practices and products related to psychological health and TBI that are currently considered conventional medicine or accepted standards of care

### Additional Information:

- Download: <https://dvbic.dcoe.mil/material/complementary-and-alternative-medicines-cam-modalities-and-interventions-fact-sheet>

### Audience:

- Health care providers

### Format:

- Fact sheet



### Complementary and Alternative Medicines (CAM), Modalities and Interventions

#### WHAT IS CAM?

CAM is a group of diverse clinical and health practices and products that are not presently considered to be part of conventional medicine or accepted standards of care; further definition is below.

- **Alternative medicine** is used in place of conventional treatment.
- **Complementary medicine** is used in parallel with conventional therapies.
- **Integrative medicine** synergistically combines conventional and CAM treatments to achieve safe and effective care.

Classification of CAM Modalities	Clinical use of CAM Modalities in Veterans Affairs and the Military Health System
<b>Whole Medicine Systems</b> <ul style="list-style-type: none"><li>Traditional Chinese medicine (acupuncture)</li><li>Naturopathic medicine</li><li>Homeopathy</li><li>Ayurveda</li></ul>	<b>Acupuncture</b> has been used for about 2500 years. It involves insertion of sterile, thin disposable needles into body, ear and scalp points, and may include infrared heat, electro acupuncture and moxibustion. It is used as adjunctive treatment for chronic pain, stress management, anxiety, depression, posttraumatic stress disorder (PTSD), traumatic brain injury and withdrawal symptoms of substance use disorder.
<b>Mind-Body Medicine</b> <ul style="list-style-type: none"><li>Native American herbalism</li><li>Meditation (mindfulness, qi gong, vipassana)</li><li>Movement meditation (yoga, tai chi)</li><li>Breath based practices</li><li>Spiritual/prayer based practices</li><li>Relaxation</li></ul>	<b>Mind-body interventions</b> seek to engage mind-body connection and spirituality as part of the healing process. <b>Mindfulness meditation</b> is the most common practice and is used as adjunctive treatment for stress management, anxiety, PTSD, depression and pain.
<b>Manipulative Body-Based Practices and Energy Therapy</b> <ul style="list-style-type: none"><li>Osteopathic manipulation (osteopathic, chiropractic care)</li><li>Soft tissue mobilization (massage, tui na, myo-fascial release, cranio-sacral therapy)</li><li>Biological energy medicine (healing touch, reiki)</li></ul>	<b>Chiropractic care</b> focuses on performance of osseous adjustments and manipulations to the spine or other joints to correct alignment problems, alleviate pain, improve function and support the body's natural ability to heal itself. <b>Clinical indications</b> for chiropractic care include back pain, neck pain, headaches and radiculopathy.
<b>Biologically Based Interventions</b> <ul style="list-style-type: none"><li>Dietary medicine</li><li>Clinical nutrition therapy (herbaceous diets, dietary supplements)</li></ul>	<b>Dietary medicine</b> uses plant-based substances for their pharmacological properties to achieve therapeutic effects. <b>Clinical nutrition therapy</b> is the use of dietary modifications and nutritional supplements to achieve a specific therapeutic goal. <b>Common indications</b> for use of herbs and nutrients are general health and prevention, diabetes mellitus, weight loss, coronary disease, hypertension.



# Resources for Health Care Providers: Psychological Health

## FAMILY RESILIENCY KIT

### Product Description:

- The Family Resiliency Kit contains various resources to help family members cope with the challenges of military life, recognize the symptoms of mental health problems, build resilience, and access mental health services
- This kit is designed for use by military health care providers at family-based events

### Additional Information:

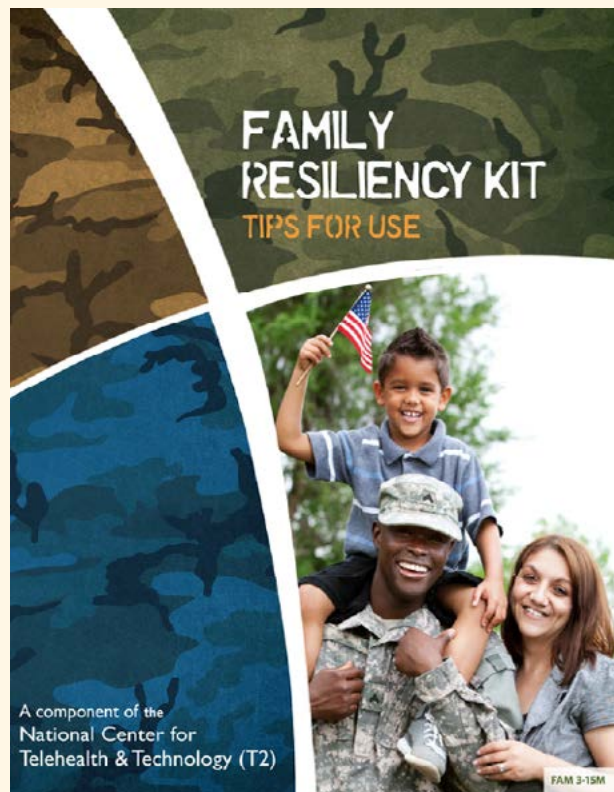
- Download/Order: <http://afterdeployment.dcoe.mil>
- Website: <http://afterdeployment.dcoe.mil>

### Audience:

- Health care providers, mental health professionals, chaplains, and family resource center staff

### Format:

- Various size printed materials



## MANAGEMENT OF MAJOR DEPRESSIVE DISORDER CLINICAL SUPPORT TOOLS

### Product Description:

- Trainer-ready materials help health care providers treat patients and improve treatment outcomes by assisting with symptom recognition, treatment and management

### Additional Information:

- Download: <http://www.healthquality.va.gov/guidelines/MH/mdd>
- Order: <https://www.qmo.amedd.army.mil/QMOCPSShopCart/products.asp?cat=6>

### Audience:

- Health care providers

### Format:

- Clinical support tools



# Resources for Health Care Providers: Psychological Health

## MANAGEMENT OF OPIOID THERAPY FOR CHRONIC PAIN CLINICAL SUPPORT TOOLS

### Product Description:

- Brings together important resources on the safe and effective use of opioid therapy in treating chronic pain
- Complies with the VA/DoD Clinical Practice Guideline (CPG) for the Management of Opioid Therapy for Chronic Pain

### Additional Information:

- Download: <http://www.healthquality.va.gov/guidelines/Pain/cot>
- Download/Order (excludes CPG): <https://www.qmo.amedd.army.mil/OT/cot.htm>

### Audience:

- Health care providers

### Format:

- Clinical support tools



## MANAGEMENT OF POSTTRAUMATIC STRESS DISORDER CLINICAL SUPPORT TOOLS

### Product Description:

- Brings together important resources that support comprehensive evidence based treatment of PTSD including recommendations on screening, diagnosis, psychotherapy, pharmacotherapy, referrals, patients and family self management and psychoeducation

### Additional Information:

- Download: <http://www.healthquality.va.gov/guidelines/MH/ptsd>
- Order (CPG only): <https://www.qmo.amedd.army.mil/ptsd/ptsd.html>

### Audience:

- Health care providers

### Format:

- Clinical support tools



# Resources for Health Care Providers: Psychological Health

## MANAGEMENT OF SUBSTANCE USE DISORDER CLINICAL SUPPORT TOOLS

### Product Description:

- Provides critical substance use disorder management decision points, evidence based recommendations and supports patient and provider decision-making
- Complies with the VA/DoD Clinical Practice Guideline for the Management of Substance Use Disorder

### Additional Information:

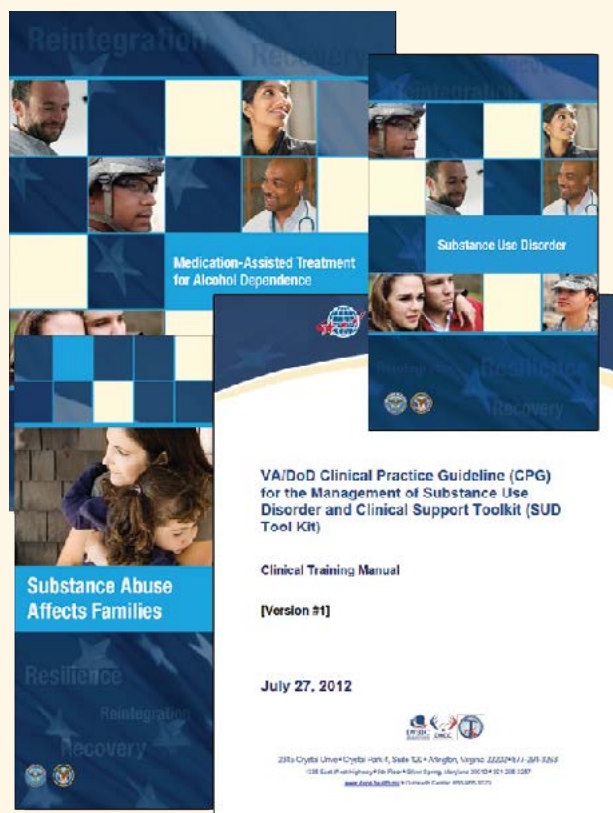
- Download: <http://www.healthquality.va.gov/guidelines/MH/sud>
- Order (CPG only): <https://www.qmo.amedd.army.mil/substance%20abuse/substance.htm>

### Audience:

- Health care providers

### Format:

- Clinical support tools



## PROLONGED EXPOSURE (PE) COACH MOBILE APPLICATION

### Product Description:

- Mobile application designed to support the tasks associated with prolonged exposure treatment for PTSD
- Application includes audio recording capability for easy playback after sessions, tools to support patient tasks between sessions and visual displays of symptom reduction over time

### Additional Information:

- Website: <http://t2health.dcoe.mil/apps/pe-coach>
- Download:
  - iTunes: <https://itunes.apple.com/us/app/pe-coach/id507357193>

### Audience:

- Health care providers, service members and veterans

### Format:

- Android and iOS





## Resources for Health Care Providers: Psychological Health

### PROVIDER RESILIENCE MOBILE APPLICATION

#### Product Description:

- Gives health care providers tools to guard against burnout and compassion fatigue as they help service members, veterans and their families

#### Additional Information:

- Website: <https://t2health.dcoe.mil/apps/provider-resilience>
- Download:
  - iTunes: <https://itunes.apple.com/us/app/provider-resilience/id559806962>

#### Audience:

- Health care providers

#### Format:

- Android and iOS



### PSYCHOLOGICAL FIRST AID (PFA) MOBILE APPLICATION

#### Product Description:

- Tool designed to assist responders who provide PFA to adults, families and children as part of an organized response following a disaster or emergency
- Provides summaries of PFA fundamentals, interventions, mentor tips for applying PFA in the field, a self-assessment tool for readiness to conduct PFA and a survivors' needs form for simplified data collection and easy referral

#### Additional Information:

- Download: <http://mobilehealth.va.gov/app/pfa-mobile>
- Website: <http://t2health.dcoe.mil/apps/PFAMobile>

#### Audience:

- Health care providers

#### Format:

- Android and iOS (English and Japanese)





## Resources for Health Care Providers: Psychological Health

### STOP HIDING AND START RECOVERING: 2016 ALCOHOL AWARENESS MONTH EVENT PLANNING GUIDE (APRIL)

#### Product Description:

- Provides tips to plan, promote and conduct a successful and interactive alcohol awareness and screening event
- Includes an event planning guide, educational pamphlets and brochures, posters to promote the event, promotional take-away items, an AUDIT-C Scale assessment form for in-person screenings, and a post-event summary form

#### Additional Information:

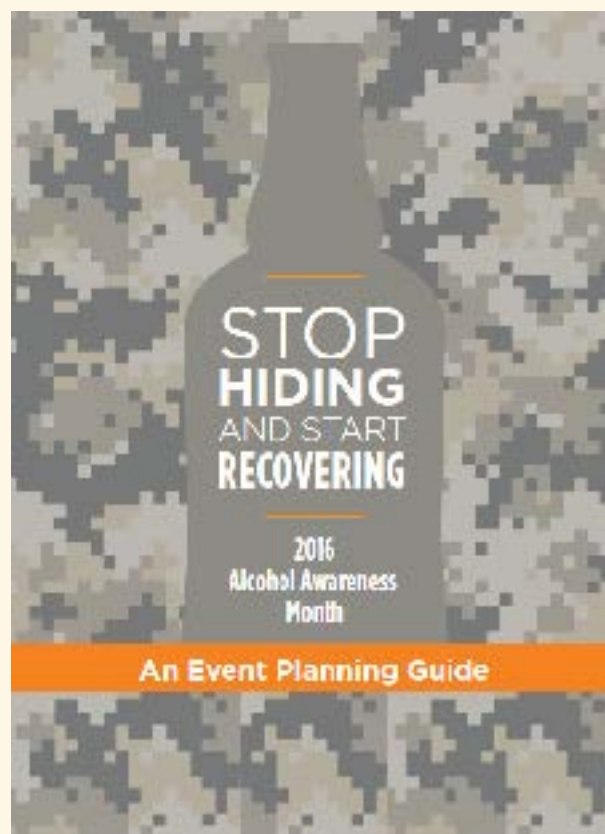
- Order Email: [mrmc.dcoe.t2-contactus@mail.mil](mailto:mrmc.dcoe.t2-contactus@mail.mil)
- Phone: 703-712-4291

#### Audience:

- Installation/unit alcohol awareness program coordinators, health care providers, mental health providers, chaplains and family resource center staff

#### Format:

- Booklet



### WEB-BASED APPLICATIONS: A GUIDE FOR CLINICIANS

#### Product Description:

- Tool offers an introduction to the use of Web-based resources in clinical and educational settings though developed primarily for psychological health professionals
- The guide can also be used by clinicians and educators who diagnose, treat and work with individuals with problems resulting from the demands of military deployments
- The guide focuses on two websites developed by the National Center for Telehealth & Technology: AfterDeployment and Military Kids Connect

#### Additional Information:

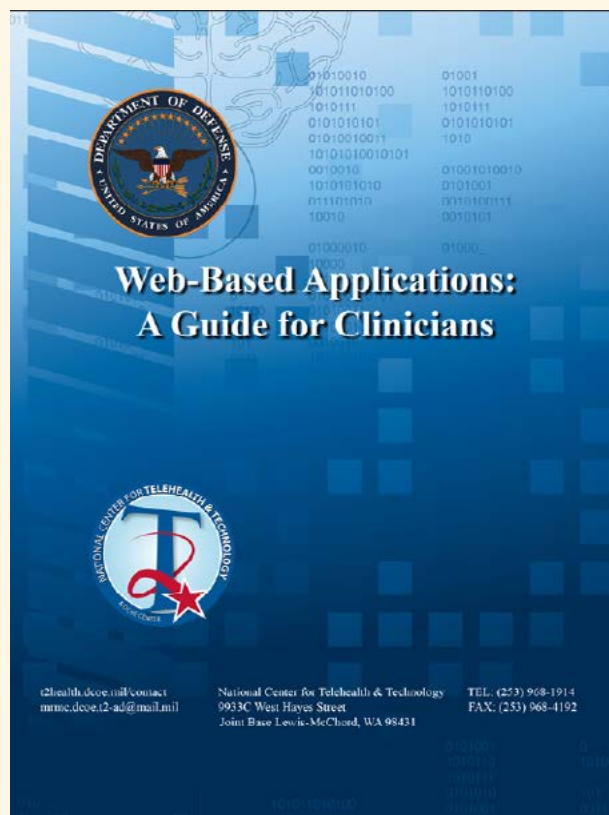
- Download: <http://t2health.dcoe.mil/sites/default/files/T2-Web-Applications-Clinicians-Guide-Feb2015.pdf>

#### Audience:

- Health care providers

#### Format:

- Booklet



# **Resources for Health Care Providers**

## **Traumatic Brain Injury**

# Resources for Health Care Providers: Traumatic Brain Injury

## ASSESSMENT AND MANAGEMENT OF DIZZINESS ASSOCIATED WITH MILD TBI CLINICAL SUPPORT TOOLS

### Product Description:

- Provides an approach to evaluate dizziness following mild TBI and offers guidance regarding referral for further vestibular evaluation and care, dizziness differentiations, effect of dizziness symptoms in patients who have been exposed to mild TBI and an algorithm outlining steps for providers

### Additional Information:

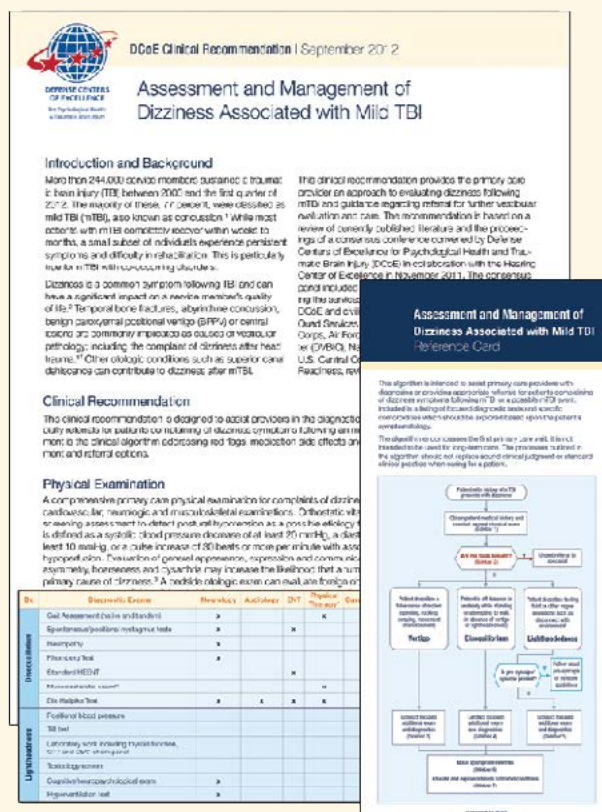
- Download/Order: <https://dvbic.dcoe.mil/material/assessment-and-management-dizziness-associated-mtbi-clinical-recommendation>

### Audience:

- Health care providers

### Format:

- Clinical support tools



## ASSESSMENT AND MANAGEMENT OF VISUAL DYSFUNCTION ASSOCIATED WITH MILD TBI CLINICAL SUPPORT TOOLS

### Product Description:

- Provides an approach to evaluate visual dysfunction following mild TBI and offers guidance regarding referral for further eye or visual evaluation and care

### Additional Information:

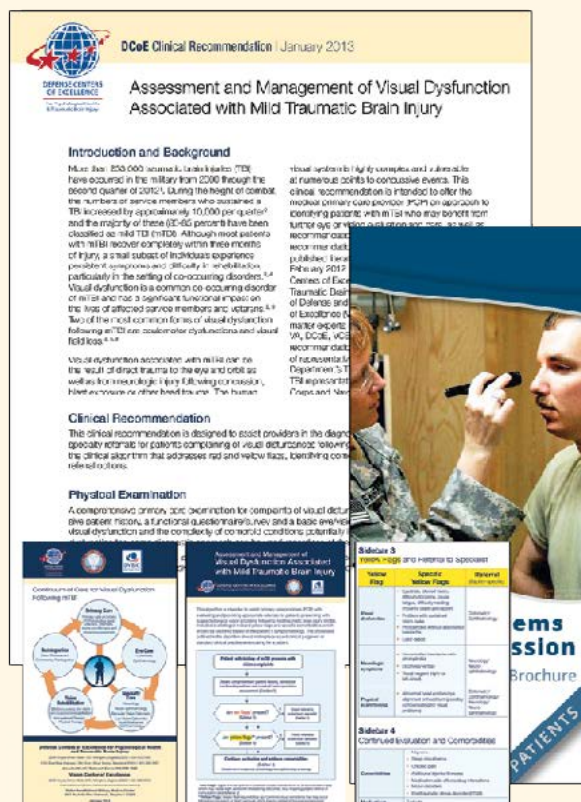
- Download/Order: <https://dvbic.dcoe.mil/material/assessment-and-management-visual-dysfunction-associated-mtbi-clinical-recommendation>

### Audience:

- Health care providers

### Format:

- Clinical support tools



# Resources for Health Care Providers: Traumatic Brain Injury

## AUTOMATED NEUROPSYCHOLOGICAL ASSESSMENT METRICS FACT SHEET

### Product Description:

- Fact sheet that explains the web-based neurocognitive assessment used by all service members pre and post-deployment to measure potential cognitive changes in individuals exposed to a concussive event
- ANAM results are considered protected health information and become part of a service member's permanent medical record

### Additional Information:

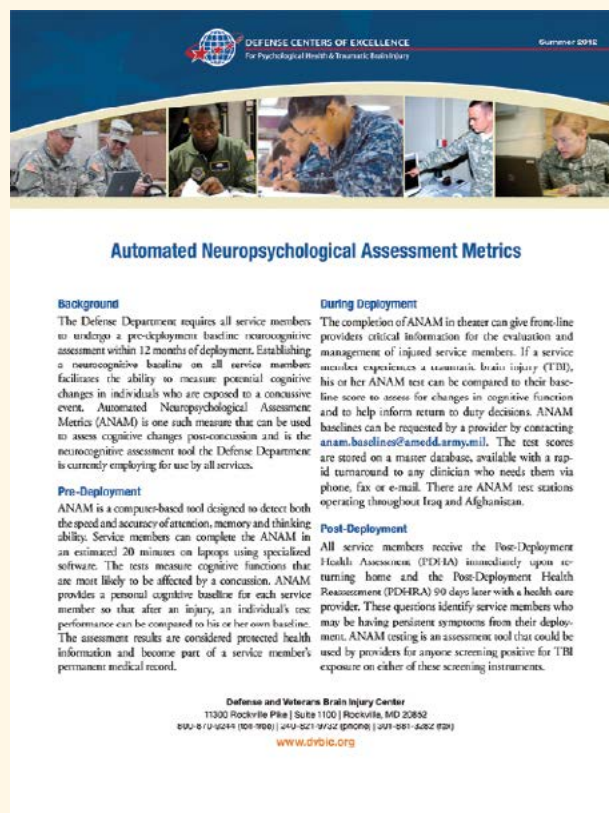
- Email: [usarmy.jbsa.medcom.mbx.otsg--anam-baselines@mail.mil](mailto:usarmy.jbsa.medcom.mbx.otsg--anam-baselines@mail.mil)

### Audience:

- Health care providers and service members

### Format:

- Fact sheet



## CONCUSSION MANAGEMENT IN DEPLOYED SETTINGS: COMBAT MEDIC/CORPSMAN ALGORITHM CARD

### Product Description:

- Concussion Management Algorithm (CMA) is a tool for all levels of providers on the assessment, evaluation and treatment of concussion in the deployed setting

### Additional Information:

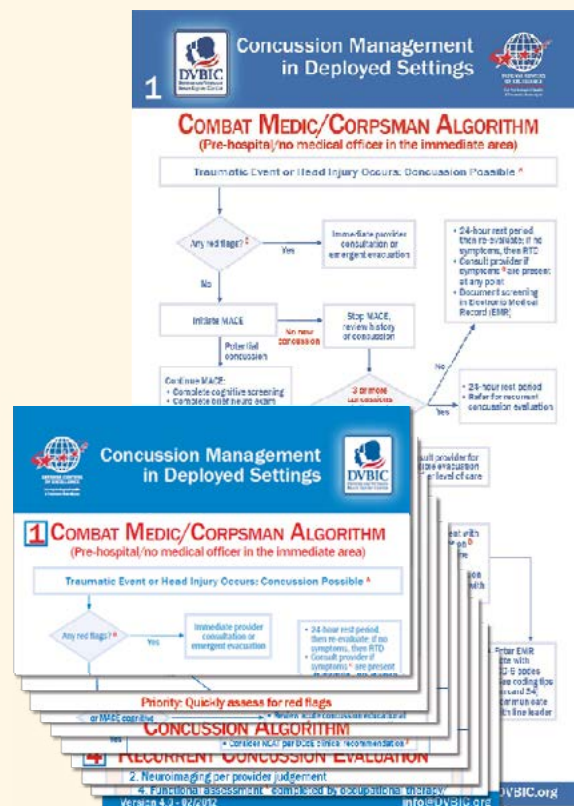
- Order: <https://dvbic.dcoe.mil/material/concussion-management-algorithm-cma-pocket-cards>

### Audience:

- Health care providers

### Format:

- Pocket and wallet cards





## Resources for Health Care Providers: Traumatic Brain Injury

## ICD-10 CODING GUIDANCE FOR TRAUMATIC BRAIN INJURY

### Product Description:

- Contains the latest coding guidance and the Military Health System Professional Services and Specialty Medical Coding Guidelines Version 5.0 for use by for medical and rehabilitation providers
- Presents the 2015 Department of Defense TBI definition and severity levels
- Provides the codes to be used for initial TBI and subsequent visits in the proper sequence specific to TBI diagnoses, including but not limited to, TBI screening and symptom codes

### Additional Information:

- **Download:** <https://dvbic.dcoe.mil/material/icd-10-coding-guidance-traumatic-brain-injury-training-slides>

**Audience:**

- Health care providers

**Format:**

- Training slides

## ICD-10 Diagnostic Coding Guidance for Traumatic Brain Injury

**Path TBI Definition**

A traumatically induced structural injury or physiological dysfunction of the brain as a result of external force that is induced by a blow or compression or by penetration of the brain (closed injuries) immediately following the event.

- Any alteration in mental status (e.g., confusion, disorientation, altered thinking, etc.)
- Any loss of consciousness for more than 30 minutes
- Any loss of memory for events immediately before or after the injury
- Any period of loss of or decreased level of consciousness, observed or self-reported

External forces may include any of the following events: the head being struck by an object, the head being shaken or rotated, the brain being exposed to mechanical vibration or acceleration without direct external trauma to the head or forces generated from events such as a blast exposure, including concussive injuries. (Classification of Diseases, 10th ed.)

**Severity of TBI**

The level of injury is based on the status of the patient at the time of injury based on observable signs. Severity of injury is not based on functional or rehabilitative abilities of the patient.

Mild	Moderate	Severe
Normal level of thinking	Normal or abnormal structural findings	Normal or abnormal structural findings
LOC < 30 min	LOC > 30 min and < 24 hours	LOC > 24 hours
LOC < 30 min to 24 hours	LOC > 24 hours, Severely disoriented on arrival	LOC > 24 hours
PTA < 1 day	PTA < 1 day	PTA < 1 day

LOC = Alteration of consciousness/mental state

PTA = Post-traumatic amnesia

LOC > 24 hours = Severe

PTA < 1 day = Mild

PTA < 1 day = Moderate

PTA < 1 day = Severe

PTA < 1 day = Severe

PTA < 1 day = Severe

PTA < 1 day = Severe

PTA < 1 day = Severe

**Medical Provider Diagnostic Coding**

```

graph TD
    A[Is there evidence of a TBI?] -- Yes --> B[Is there evidence of a TBI?]
    A -- No --> C[Is there evidence of a TBI?]
    B -- Yes --> D[Is there evidence of a TBI?]
    B -- No --> E[Is there evidence of a TBI?]
    C -- Yes --> F[Is there evidence of a TBI?]
    C -- No --> G[Is there evidence of a TBI?]
    D -- Yes --> H[Is there evidence of a TBI?]
    D -- No --> I[Is there evidence of a TBI?]
    E -- Yes --> J[Is there evidence of a TBI?]
    E -- No --> K[Is there evidence of a TBI?]
    F -- Yes --> L[Is there evidence of a TBI?]
    F -- No --> M[Is there evidence of a TBI?]
    G -- Yes --> N[Is there evidence of a TBI?]
    G -- No --> O[Is there evidence of a TBI?]
    H -- Yes --> P[Is there evidence of a TBI?]
    H -- No --> Q[Is there evidence of a TBI?]
    I -- Yes --> R[Is there evidence of a TBI?]
    I -- No --> S[Is there evidence of a TBI?]
    J -- Yes --> T[Is there evidence of a TBI?]
    J -- No --> U[Is there evidence of a TBI?]
    K -- Yes --> V[Is there evidence of a TBI?]
    K -- No --> W[Is there evidence of a TBI?]
    L -- Yes --> X[Is there evidence of a TBI?]
    L -- No --> Y[Is there evidence of a TBI?]
    M -- Yes --> Z[Is there evidence of a TBI?]
    M -- No --> AA[Is there evidence of a TBI?]
    N -- Yes --> AB[Is there evidence of a TBI?]
    N -- No --> AC[Is there evidence of a TBI?]
    O -- Yes --> AD[Is there evidence of a TBI?]
    O -- No --> AE[Is there evidence of a TBI?]
    P -- Yes --> AF[Is there evidence of a TBI?]
    P -- No --> AG[Is there evidence of a TBI?]
    Q -- Yes --> AH[Is there evidence of a TBI?]
    Q -- No --> AI[Is there evidence of a TBI?]
    R -- Yes --> AJ[Is there evidence of a TBI?]
    R -- No --> AK[Is there evidence of a TBI?]
    S -- Yes --> AL[Is there evidence of a TBI?]
    S -- No --> AM[Is there evidence of a TBI?]
    T -- Yes --> AN[Is there evidence of a TBI?]
    T -- No --> AO[Is there evidence of a TBI?]
    U -- Yes --> AP[Is there evidence of a TBI?]
    U -- No --> AQ[Is there evidence of a TBI?]
    V -- Yes --> AR[Is there evidence of a TBI?]
    V -- No --> AS[Is there evidence of a TBI?]
    W -- Yes --> AT[Is there evidence of a TBI?]
    W -- No --> AU[Is there evidence of a TBI?]
    X -- Yes --> AV[Is there evidence of a TBI?]
    X -- No --> AW[Is there evidence of a TBI?]
    Y -- Yes --> AX[Is there evidence of a TBI?]
    Y -- No --> AY[Is there evidence of a TBI?]
    Z -- Yes --> AZ[Is there evidence of a TBI?]
    Z -- No --> BA[Is there evidence of a TBI?]
    AA -- Yes --> BB[Is there evidence of a TBI?]
    AA -- No --> BC[Is there evidence of a TBI?]
    AB -- Yes --> BD[Is there evidence of a TBI?]
    AB -- No --> BE[Is there evidence of a TBI?]
    AC -- Yes --> BF[Is there evidence of a TBI?]
    AC -- No --> BG[Is there evidence of a TBI?]
    AD -- Yes --> BH[Is there evidence of a TBI?]
    AD -- No --> BI[Is there evidence of a TBI?]
    AE -- Yes --> BJ[Is there evidence of a TBI?]
    AE -- No --> BK[Is there evidence of a TBI?]
    AF -- Yes --> BL[Is there evidence of a TBI?]
    AF -- No --> BM[Is there evidence of a TBI?]
    AG -- Yes --> BN[Is there evidence of a TBI?]
    AG -- No --> BO[Is there evidence of a TBI?]
    AH -- Yes --> BP[Is there evidence of a TBI?]
    AH -- No --> BQ[Is there evidence of a TBI?]
    AI -- Yes --> BR[Is there evidence of a TBI?]
    AI -- No --> BS[Is there evidence of a TBI?]
    AJ -- Yes --> BT[Is there evidence of a TBI?]
    AJ -- No --> BU[Is there evidence of a TBI?]
    AK -- Yes --> BV[Is there evidence of a TBI?]
    AK -- No --> BW[Is there evidence of a TBI?]
    AL -- Yes --> BX[Is there evidence of a TBI?]
    AL -- No --> BY[Is there evidence of a TBI?]
    AM -- Yes --> BZ[Is there evidence of a TBI?]
    AM -- No --> CA[Is there evidence of a TBI?]
    AN -- Yes --> CB[Is there evidence of a TBI?]
    AN -- No --> CC[Is there evidence of a TBI?]
    AO -- Yes --> CD[Is there evidence of a TBI?]
    AO -- No --> CE[Is there evidence of a TBI?]
    AP -- Yes --> CF[Is there evidence of a TBI?]
    AP -- No --> CG[Is there evidence of a TBI?]
    AQ -- Yes --> CH[Is there evidence of a TBI?]
    AQ -- No --> CI[Is there evidence of a TBI?]
    AR -- Yes --> CJ[Is there evidence of a TBI?]
    AR -- No --> CK[Is there evidence of a TBI?]
    AS -- Yes --> CL[Is there evidence of a TBI?]
    AS -- No --> CM[Is there evidence of a TBI?]
    AT -- Yes --> CN[Is there evidence of a TBI?]
    AT -- No --> CO[Is there evidence of a TBI?]
    AU -- Yes --> CP[Is there evidence of a TBI?]
    AU -- No --> CQ[Is there evidence of a TBI?]
    AV -- Yes --> CR[Is there evidence of a TBI?]
    AV -- No --> CS[Is there evidence of a TBI?]
    AW -- Yes --> CT[Is there evidence of a TBI?]
    AW -- No --> CU[Is there evidence of a TBI?]
    AX -- Yes --> CV[Is there evidence of a TBI?]
    AX -- No --> CW[Is there evidence of a TBI?]
    AY -- Yes --> CX[Is there evidence of a TBI?]
    AY -- No --> CY[Is there evidence of a TBI?]
    AZ -- Yes --> CZ[Is there evidence of a TBI?]
    AZ -- No --> DA[Is there evidence of a TBI?]
    BA -- Yes --> DB[Is there evidence of a TBI?]
    BA -- No --> DC[Is there evidence of a TBI?]
    BB -- Yes --> DD[Is there evidence of a TBI?]
    BB -- No --> DE[Is there evidence of a TBI?]
    BC -- Yes --> DF[Is there evidence of a TBI?]
    BC -- No --> DG[Is there evidence of a TBI?]
    BD -- Yes --> DH[Is there evidence of a TBI?]
    BD -- No --> DI[Is there evidence of a TBI?]
    BE -- Yes --> DJ[Is there evidence of a TBI?]
    BE -- No --> DK[Is there evidence of a TBI?]
    BF -- Yes --> DL[Is there evidence of a TBI?]
    BF -- No --> DM[Is there evidence of a TBI?]
    BG -- Yes --> DN[Is there evidence of a TBI?]
    BG -- No --> DO[Is there evidence of a TBI?]
    BH -- Yes --> DP[Is there evidence of a TBI?]
    BH -- No --> DQ[Is there evidence of a TBI?]
    BI -- Yes --> DR[Is there evidence of a TBI?]
    BI -- No --> DS[Is there evidence of a TBI?]
    BJ -- Yes --> DT[Is there evidence of a TBI?]
    BJ -- No --> DU[Is there evidence of a TBI?]
    BK -- Yes --> DV[Is there evidence of a TBI?]
    BK -- No --> DW[Is there evidence of a TBI?]
    BL -- Yes --> DX[Is there evidence of a TBI?]
    BL -- No --> DY[Is there evidence of a TBI?]
    BM -- Yes --> DZ[Is there evidence of a TBI?]
    BM -- No --> EA[Is there evidence of a TBI?]
    BN -- Yes --> EB[Is there evidence of a TBI?]
    BN -- No --> EC[Is there evidence of a TBI?]
    BO -- Yes --> ED[Is there evidence of a TBI?]
    BO -- No --> EE[Is there evidence of a TBI?]
    BP -- Yes --> EF[Is there evidence of a TBI?]
    BP -- No --> EG[Is there evidence of a TBI?]
    BQ -- Yes --> EH[Is there evidence of a TBI?]
    BQ -- No --> EI[Is there evidence of a TBI?]
    BR -- Yes --> EJ[Is there evidence of a TBI?]
    BR -- No --> EK[Is there evidence of a TBI?]
    BS -- Yes --> EL[Is there evidence of a TBI?]
    BS -- No --> EM[Is there evidence of a TBI?]
    BT -- Yes --> EN[Is there evidence of a TBI?]
    BT -- No --> EO[Is there evidence of a TBI?]
    BU -- Yes --> EP[Is there evidence of a TBI?]
    BU -- No --> EQ[Is there evidence of a TBI?]
    BV -- Yes --> ER[Is there evidence of a TBI?]
    BV -- No --> ES[Is there evidence of a TBI?]
    BW -- Yes --> ET[Is there evidence of a TBI?]
    BW -- No --> EU[Is there evidence of a TBI?]
    BX -- Yes --> EV[Is there evidence of a TBI?]
    BX -- No --> EW[Is there evidence of a TBI?]
    BY -- Yes --> EX[Is there evidence of a TBI?]
    BY -- No --
```

## MACE: MILITARY ACUTE CONCUSSION EVALUATION POCKET AND WALLET CARD

### Product Description:

- Concussion screening tool that includes a cognitive exam, neurological exam and symptom results

**Additional Information:**


- Download/Order: <https://dvbic.dcoe.mil/material/military-acute-concussion-evaluation-mace-pocket-cards>
- Download/Order: <https://dvbic.dcoe.mil/material/military-acute-concussion-evaluation-mace-wallet-cards>

**Audience:**

- Health care providers


**Format:**

- Pocket and wallet cards



# MACE

Military Acute Concussion Evaluation



Patient Name: \_\_\_\_\_

Service Member ID#: \_\_\_\_\_ Unit: \_\_\_\_\_

Date of Injury: \_\_\_\_\_ Time of Injury: \_\_\_\_\_

Examiner: \_\_\_\_\_

Date of Evaluation: \_\_\_\_\_ Time of Evaluation: \_\_\_\_\_

---

## CONCUSSION SCREENING

Complete this section to determine if there was both an injury event AND an alteration of consciousness.

### 1. Description of Incident

A. Record the event as described by the service member or witness.

Use open-ended questions to get as much detail as possible.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

B. Record the injury event.

Check all that apply:


☐ Explosive

☐ Blunt Object

☐ Fall


C. Was there a loss of consciousness?

☐ YES



# MACE

Military Acute Concussion Evaluation



Patient Name: \_\_\_\_\_

Service Member ID#: \_\_\_\_\_ Unit: \_\_\_\_\_

Date of Injury: \_\_\_\_\_ Time of Injury: \_\_\_\_\_

Examiner: \_\_\_\_\_

Date of Evaluation: \_\_\_\_\_ Time of Evaluation: \_\_\_\_\_

---

## CONCUSSION SCREENING

Complete this section to determine if there was both an injury event AND an alteration of consciousness.

☐ Fall      ☐ Other

If yes, for how long? \_\_\_\_\_ minutes

BATTLESYSTEMS DIVISION  
U.S. ARMY MEDICAL CENTER  
Ft. Belvoir, AL 37012-5001

\_\_\_\_\_/\_\_\_\_/\_\_\_\_

SIGNATURE BEFORE:

Name: \_\_\_\_\_ Title: \_\_\_\_\_

Release 02/2012

# Resources for Health Care Providers: Traumatic Brain Injury

## MANAGEMENT OF SLEEP DISTURBANCES FOLLOWING CONCUSSION/MILD TRAUMATIC BRAIN INJURY CLINICAL SUPPORT TOOLS

### Product Description:

- Provides guidance regarding assessing and managing sleep disturbances associated with mild traumatic brain injury and includes specific recommendations for helping service members and/or veterans in both deployed and non-deployed settings manage symptoms of insomnia, circadian rhythm sleep-wake disorder and obstructive sleep apnea

### Additional Information:

- Download/Order: <http://dvbic.dcoe.mil/resources/management-sleep-disturbances>

### Audience:

- Primary care managers, emergency room physicians and medical specialists, specifically sleep specialists

### Format:

- Clinical support tools



## MILD TRAUMATIC BRAIN INJURY POCKET GUIDE (CONUS) AND MOBILE APPLICATION

### Product Description:

- Concussion screening tool that includes an all-encompassing, quick reference on the assessment, treatment and management of patients with mild TBI and related symptoms stateside

### Additional Information:

- Download/Order: <https://dvbic.dcoe.mil/material/mtbi-pocket-guide-and-mobile-application>

### Audience:

- Health care providers

### Format:

- Pocket guide, Android and iOS



# Resources for Health Care Providers: Traumatic Brain Injury

## MILITARY TBI CASE MANAGEMENT QUARTERLY NEWSLETTER

### Product Description:

- Provides information and resources for those caring for service members with TBI and their families
- Spotlights TBI case management excellence to identify and share best practices across the military community

### Additional Information:

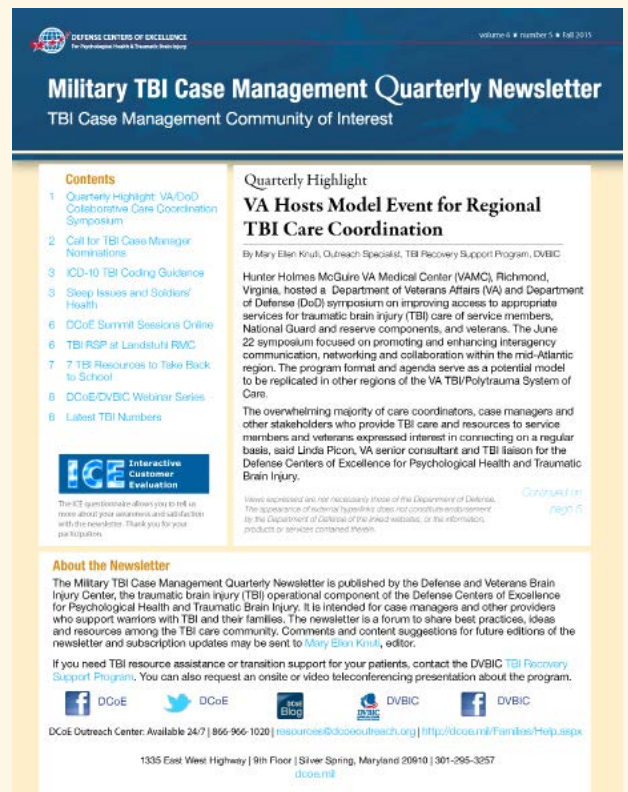
- Website: <http://dvbic.dcoe.mil/case-management-resources>

### Audience:

- Health care providers and TBI case managers

### Format:

- Newsletter



## NEUROCOGNITIVE ASSESSMENT TOOL CLINICAL RECOMMENDATION

### Product Description:

- Provides background of pre-deployment neurocognitive testing and the use of automated neuropsychological assessment metrics

### Additional Information:

- Download: <https://dvbic.dcoe.mil/material/indications-and-conditions-theater-post-injury-neurocognitive-assessment-tool-ncat-testing>

### Audience:

- Health care providers and TBI case managers

### Format:

- Clinical recommendation





# Resources for Health Care Providers: Traumatic Brain Injury

## NEUROENDOCRINE DYSFUNCTION SCREENING POST MILD TBI RECOMMENDATION CLINICAL SUPPORT TOOLS

### Product Description:

- Serves as a reference tool offering medical guidance following indications from post-injury neuroendocrine screening

### Additional Information:

- Download/Order: <https://dvbic.dcoe.mil/material/indications-and-conditions-neuroendocrine-dysfunction-screening-post-mtbi-recommendations>

### Audience:

- Health care providers

### Format:

- Clinical support tools



## NEUROIMAGING FOLLOWING MILD TBI IN THE NON-DEPLOYED SETTING CLINICAL SUPPORT TOOLS

### Product Description:

- Offers guidance for a standard approach for imaging from the acute through chronic stages following mild TBI in the non-deployed setting

### Additional Information:

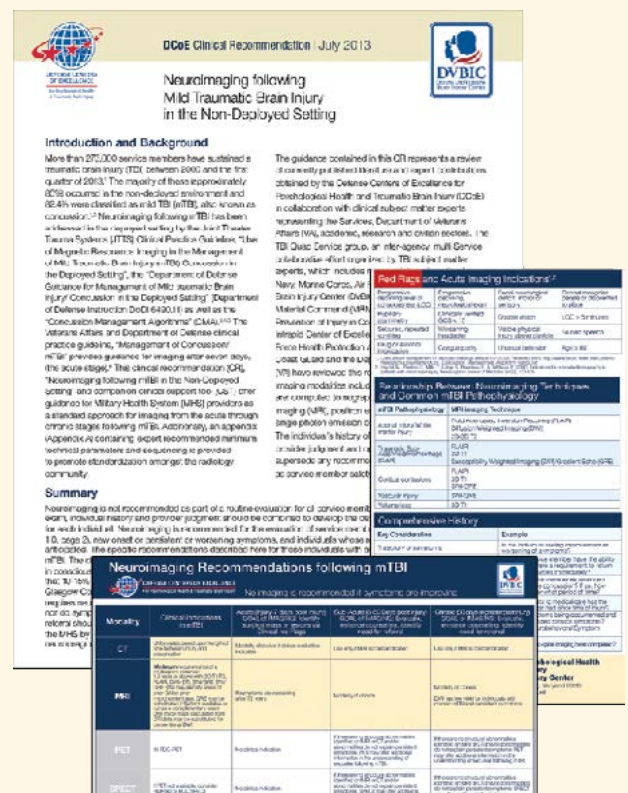
- Download/Order: <https://dvbic.dcoe.mil/material/neuroimaging-following-mtbi-non-deployed-setting-clinical-recommendation>

### Audience:

- Health care providers

### Format:

- Clinical support tools





# Resources for Health Care Providers: Traumatic Brain Injury

## PROGRESSIVE RETURN TO ACTIVITY FOLLOWING ACUTE CONCUSSION/MILD TRAUMATIC BRAIN INJURY: GUIDANCE FOR PRIMARY CARE MANAGERS CLINICAL SUPPORT TOOLS

### Product Description:

- Provides an initial framework for gradually increasing service member activity after concussion

### Additional Information:

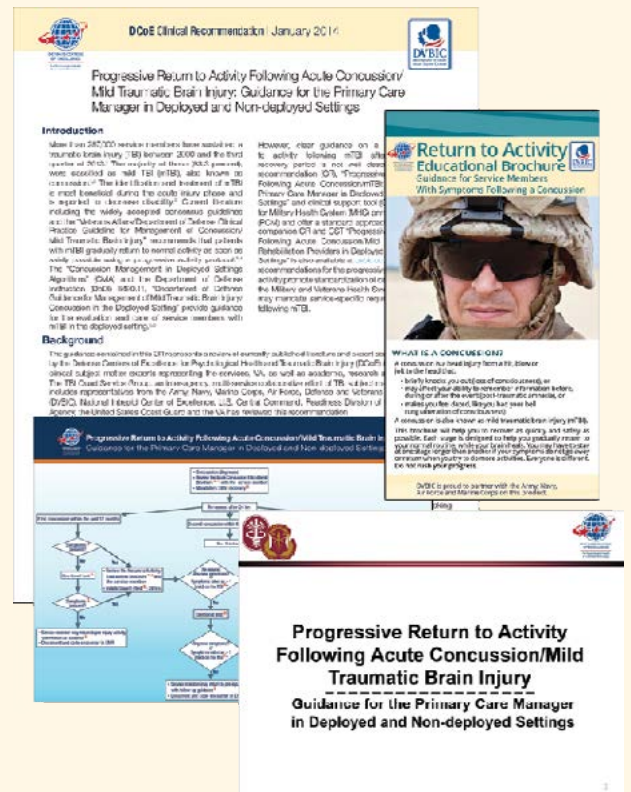
- Download/Order: <http://dvbic.dcoe.mil/resources/progressive-return-to-activity>

### Audience:

- Health care providers

### Format:

- Clinical support tools



## PROGRESSIVE RETURN TO ACTIVITY FOLLOWING ACUTE CONCUSSION/MILD TRAUMATIC BRAIN INJURY: GUIDANCE FOR REHABILITATION PROVIDERS CLINICAL SUPPORT TOOLS

### Product Description:

- Provides details for rehabilitation providers in the management of service members who have sustained a TBI
- Includes six rehabilitation stages and includes a neurobehavioral symptoms inventory (NSI)

### Additional Information:

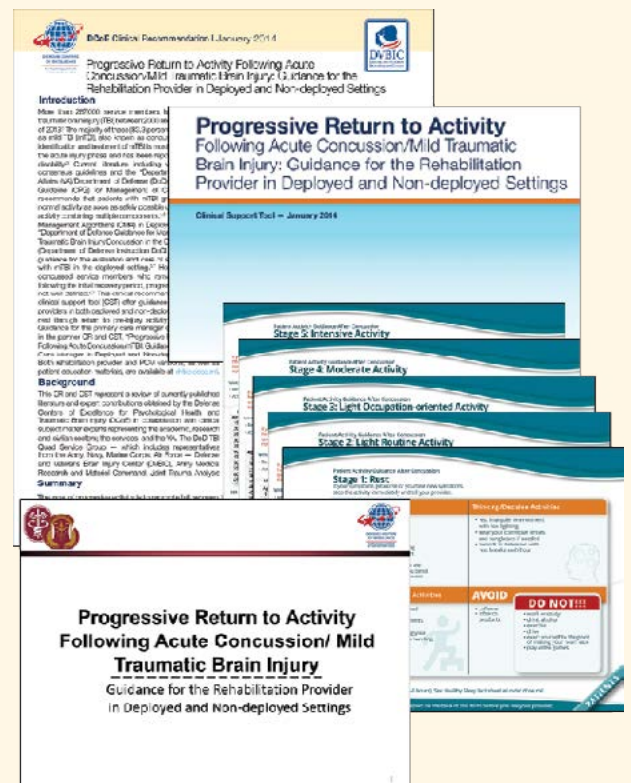
- Download/Order: <http://dvbic.dcoe.mil/resources/progressive-return-to-activity>

### Audience:

- Rehabilitation providers

### Format:

- Clinical support tools



# Resources for Health Care Providers: Traumatic Brain Injury

## “THINK AHEAD” POSTER

### Product Description:

- Series of three posters that promote a brain injury awareness theme of “be safe, know the signs and get help”

### Additional Information:

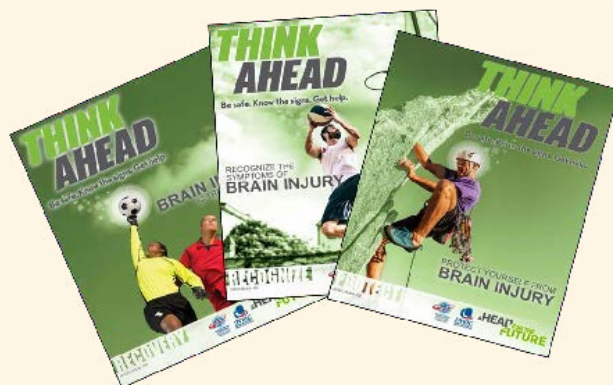
- Download/Order: <https://dvbic.dcoe.mil/material/2015-brain-injury-awareness-month-poster-all-services>

### Audience:

- All audience

### Format:

- Poster



## TELEHEALTH AND TECHNOLOGY WEB RESOURCE LOCATOR WEBSITE

### Product Description:

- Offers access to the Defense Department, Department of Veterans Affairs and community resources to support ongoing care for families coping with TBI and associated psychological health concerns
- Website offers links to websites, locations, hotlines and other resources covering more than 40 topics

### Additional Information:

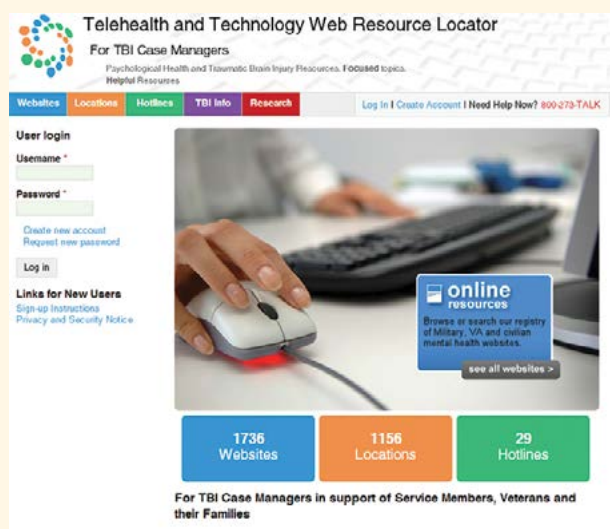
- Website: <https://ttwrl.dcoe.mil>

### Audience:

- TBI case managers, service members, veterans, and military families

### Format:

- Website



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# FEEDBACK

Your feedback is important to us.  
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**dcoe.mil**  
**(866) 966-1020**

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**This product is reviewed monthly and current until superseded. Visit [dcoe.mil](http://dcoe.mil) for the latest information.**